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Flora's Fare COOKBOOK



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FLORA MACDONALD HIGHLAND GAMES LTD.
RED SPRINGS, NORTH CAROLINA



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FMC '61

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The Flora Macdonald Highland Games were organized in 1977 as an outgrowth of the Colonial Muster, which was an event held at Red Springs, North Carolina to commemorate the United States Bicentennial. Flora Macdonald Highland Games, Ltd., was chartered in 1978 as a non-profit organization to help organize, promote, and direct the Flora Macdonald Highland Games.

The Games are held annually, the first weekend in October, at Singleton Meadows, in Red Springs, North Carolina.

Proceeds from the sale of this cookbook will be used to help finance the continuation of the Games.



The beautiful artwork in this book was contributed by Rosalynde Gibson Cowdrey of Jacksonville, Florida. The talented artist is a Red Springs native.

The picture of Flora Macdonald College was drawn by Jerry Miller.







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*Appetizers
Beverages
&
Soups*



Edinburgh Castle

- Appetizers -

CHEESE BALL

Vista Robertson

1 lb. sharp cheese
8 oz. cream cheese
8 oz. pimiento cheese spread
1 med. onion, grated

Hot sauce, Worcestershire sauce,
garlic powder, to taste
1/2 can paprika
1/2 can chili powder

Combine cheeses and onion. Add hot sauce, Worcestershire sauce, and garlic powder to taste. Combine paprika and chili powder on wax paper and roll cheese logs in it until thickly coated (looks like a crust). Make in 2 long rolls.

CHIPPED BEEF CHEESE BALL

Hannah Warren

3 8-oz. pkg. cream cheese
3 sm. jars dried beef, cut up fine
(save 1 jar to roll ball in)
2 T. Worcestershire sauce

2 T. Accent
1 dash curry powder
1 sm. jar pimiento, cut fine
1 sm. onion, cut up fine

Mix together. Make into 2 balls. Place on wax paper and roll with 1 jar chipped beef.

CHEESE STRAWS

Gale Lewis

3/4 C. butter
1 1/2 C. grated sharp cheese
1/4 C. grated Parmesan cheese

1 1/2 C. sifted plain flour
3/4 tsp. paprika
1 tsp. salt

Cream butter, sharp cheese and Parmesan cheese. Sift flour, paprika and salt together. Add to creamed mixture. Press on ungreased baking sheet and bake at 350° for 12 minutes.

CHIP BEEF DIP

Hannah Warren

1 8-oz. pkg. cream cheese
1 sm. jar dried beef, cut up

1 T. minced onion

Mix ingredients. Press in pie plate. Sprinkle chopped nuts on top. Bake at 350° for 15 minutes.

For microwave: Make ahead. Check after 1 minute.

KAY'S SALSA

Kay Warren Coleman

2 bunches green onion (about 8),
chopped fine with some tops
7 med. fresh tomatoes or
1 lg. can whole tomatoes
2 cans green chilies, chopped fine

3 jalapeno peppers (extra hot), use
more if you use mild peppers
1/4 C. vinegar
2 tsp. salt, or to taste
1/2 tsp. pepper, or to taste

Mix all ingredients in saucepot. Bring to boil to blend. Refrigerate overnight. Use with chips. Makes 2 1/2 pints.

LAYERED NACHO DIP

Jan McManus

1 16-oz. can refried beans
1/2 (1.25-oz.) pkg. taco seasoning mix
1 6-oz. ctn. avocado dip
(I use guacamole)
1 8-oz. ctn. sour cream
1 (4 1/2-oz.) can chopped ripe olives

2 lg. tomatoes, diced
1 sm. onion, finely chopped
1 4-oz. can chopped green chilies
1 1/2 C. (6-oz.) shredded Monterey
Jack cheese (or Cheddar cheese,
or a mixture)

Combine beans and taco mix; spread bean mixture evenly in a 12x8x2" dish. Layer remaining ingredients in order listed.

MEXICAN DIP

Don Averitte

1 10-oz. can Ro-Tel diced tomatoes
and green chilies

1 lb. Velveeta cheese (mild Mexican)

Melt cheese in microwave or double boiler. (Melts quicker if cut in small pieces.) Stir in Ro-Tel chilies and tomatoes. Serve with warm tortilla chips.

SPINACH DIP

Sarah Watson

1 pkg. frozen spinach,
all liquid drained
3/4 C. mayonnaise

1 C. sour cream
1 pkg. Knorr vegetable soup mix
1 can water chestnuts, sliced thin

Mix well and serve with favorite crackers.

CONFETTI MIX

Betty Ammons

- | | |
|---|--------------------------|
| 4 C. corn bran cereal (square pillow) | 1 C. salted nuts |
| 1 C. M&M's or Reese's pieces | 1/2 to 1 C. banana chips |
| 1 C. dark raisins (or 1/2 regular,
1/2 yogurt raisins) | |

Combine all ingredients.

PARTY MIX

Betty Ammons

- | | |
|-------------------------------------|---------------------|
| 1 stick margarine | 3 C. Crispex cereal |
| 3/4 C. peanut butter | 1 C. peanuts |
| 3 C. Oh's cereal | 1 C. dark raisins |
| 3 C. shredded wheat and bran cereal | |

Melt margarine and peanut butter in a pan in oven. Stir in cereals until well mixed and coated. Bake at 250° for 1 hour. Stir every 15 minutes. Keep stirring and add peanuts and raisins.

RUTH'S RAISIN SANDWICH SPREAD

Ruth Stephenson

- | | |
|--------------------|-----------------------|
| 1 egg, beaten | 1 1/2 C. dark raisins |
| 1 C. sugar | 1 C. chopped nuts |
| 1/4 C. lemon juice | 1 C. mayonnaise |

Combine egg, sugar and lemon juice; cook together until sugar melts (foamy). Add raisins and chopped nuts while hot. Cook low until raisins puff. Take from heat and add mayonnaise. Mix well; let spread cool.

Bread: Cut 3 long pieces, or cut into 4 squares, or triangles. Use regular white sandwich bread. Cut off crusts.

This will keep well in refrigerator.

SWEET & HOT MUSTARD

Mary Ormsby

- | | |
|-------------------------|--------------------------------|
| 1 C. white vinegar | 1/4 tsp. salt |
| 1 C. dry mustard powder | 1 C. sugar |
| 2 eggs, beaten | 1 1/2 tsp. butter or margarine |

Start preparing this recipe the day before you plan to use. In a small bowl, mix together vinegar and mustard. Allow to stand overnight to permit flavor to develop. Next day add beaten eggs, salt and vinegar-mustard mixture. In a medium saucepan, melt butter, add mustard mixture; stir to blend. Cook over medium heat, stirring constantly until mixture comes to a boil and coats the spoon. Let cool in refrigerator. Makes 1 pint.

This mustard is excellent served with cold meat and cheese sandwiches. It also makes nice gifts.

FRESH BANANAS & SOUR CREAM FRUIT COMPOTE

Sarah Watson

2 1/2 T. light brown sugar
1 ctn. sour cream
1/4 tsp. vanilla

2 bananas, sliced
1/4 C. orange pieces

Mix all ingredients. Grate orange rind on top. Makes 4 servings.

- Beverages -

BANANA PUNCH

Deborah Humphrey

1 46-oz. can pineapple juice
1 12-oz. can frozen orange juice, mixed
according to directions
1 6-oz. can frozen lemonade

4 C. sugar, diluted with 5 C. water
6 mashed bananas
1/4 C. chopped cherries
2 qt. ginger ale

Mash bananas, 1 at a time, in blender. If you pour some of the pineapple juice in with each one it helps to prevent it from turning dark. Then pour all ingredients except ginger ale into a large container and mix. Pour into gallon container. Leave some space to allow room for freezing. Freeze. Take out and let thaw for several hours before serving. Pour in ginger ale and serve; enjoy.

Should be a slushy consistency.

PINK VELVET PUNCH

Kim Ammons

72 oz. cranberry juice cocktail
3/4 C. lemon juice
1 1/2 C. orange juice

1 C. sugar (or 3 C. juice from
canned fruit)
1/2 gal. vanilla ice cream, softened
1 qt. ginger ale

Mix all ingredients except ice cream and ginger ale. Let stand in refrigerator overnight. At serving time, scoop ice cream into punch bowl and add fruit juices and ginger ale. Yield: 30 servings.

POOR MAN'S PUNCH

Sara Paden

2 C. sugar
1 sm. pkg. lemon-lime Kool-Aid

1 tall can pineapple juice
1 qt. bot. chilled ginger ale

Combine sugar, Kool-Aid and pineapple juice in a gallon container. Finish filling container with water. Chill. Add ginger ale to mixture just before serving. Serve with crushed ice.

Any flavor Kool-Aid can be used. I use unsweetened pineapple juice.

ICED TEA WITH LEMON, MINT & GINGER ALE

*Carrie McNeill Graham**

2 qt. strong, hot tea
Juice of 6 lemons
1 C. sugar

Several sprigs fresh mint leaves,
twisted

Combine ingredients, then chill. When ready to serve, strain and add 1 quart ginger ale. Serve in glasses with plenty of crushed ice and a sprig of mint in top of each glass.

*By way of her daughter, Carolyn Graham McLean.

SPICED ICED TEA

Martha Price Long

8 C. water
3 family-size tea bags
1 1/2 C. sugar

10 cloves
1 lg. ctn. frozen lemonade

Boil tea and cloves in water. Seep 5 minutes. Add sugar and lemonade. Put in 1-gallon container and add water to finish gallon.

- Soups -

CLAM CHOWDER

Jean McManus

1 lb. fatback
3 or 4 lg. onions

4 potatoes, finely chopped or grated
6 cans minced clams

Cut fatback in tiny squares and render until crisp. Remove from pan and saute chopped onions in fat until clear. Dice potatoes finely and add to onion mixture. Add salt and pepper to taste and enough water to cover potatoes and onion mixture. Boil at low heat (simmer) until potatoes are rounded. Add clams with juice (extra clam juice if possible) and cook 15 or 20 more minutes. Thicken chowder with a small amount of cornmeal and water (shake together in small jar to mix). Simmer a few more minutes to thicken. You may add fatback pieces before serving.

GUMBO

*Henrietta E. Torry**

2 slices bacon, browned
2 cans tomatoes
2 pkg. cut okra

1 bell pepper, diced
1 med. onion, diced
Salt and pepper, to taste

Cook slow about 2 hours. Add about 1 1/2 pounds (double ground) beef, crumbled up. Cook another 1/2 hour longer.

*Via Jean Ammons.

AROUND THE CORNER FRENCH VEGETABLE SOUP

Jo McGugan

1 lb. ground chuck,
browned and crumbled
2 pkg. Lipton onion soup mix
1 (10 1/2-oz.) can tomato paste or
puree
2 tsp. basil
1 tsp. salt

Pepper, to taste
Chopped or grated carrots
Green beans, cut
Green peas
Corn
Butter beans
2 qt. water

Mix together all ingredients in large pot and simmer until just tender, about 10 to 15 minutes. If using frozen vegetables, add them at the last minute so they will not overcook.

QUICK VEGGIE SOUP

Martha Warren

1 16-oz. pkg. frozen mixed vegetables
1 1-oz. env. onion soup mix

1 46-oz. can V-8 cocktail
vegetable juice
1 lb. lean ground beef

Combine first 3 ingredients in a Dutch oven; bring to a boil. Cook ground beef in a non-stick skillet until meat is browned, stirring to crumble; drain. Stir meat into vegetable mixture; reduce heat, and simmer 20 minutes. Yield: 2 quarts.

VEGETABLE SOUP

Sarah Watson

1 1/2 lb. stew beef
4 med. potatoes
2 carrots
2 celery stalks
1 med. onion
1 can tomatoes, cut up

1 can lima beans
1 can green beans
1 can garden peas
1 can cream-style corn
1/2 bot. family-size catsup
1 T. sugar

Cut beef into cubes. Put 2" water in large pot, add meat, 1 bay leaf, oregano, salt and pepper. Start cooking. Add all other ingredients. Bring to a boil, then simmer for 2 hours.

Breads



Three Stone Chessmen from Isle of Lewis



ANGEL BISCUITS

Hannah Price Warren

1 pkg. yeast	1 tsp. salt
2 to 3 T. warm water (about 1/4 C.)	1 tsp. soda
5 C. plain flour	1 C. shortening
5 T. sugar	2 C. buttermilk
1 T. baking powder	

Dissolve the yeast in water. Sift flour, sugar, baking powder, salt and soda together. Cut in shortening. Stir in buttermilk and yeast mixture. Dough will be stiff. Rub well with Crisco and place in covered container in refrigerator overnight. Knead dough and roll out on floured board. Cut into biscuits. Brush with melted butter and allow to rise for several hours. Bake at 400° for 18 to 20 minutes, until golden brown. Yield: 4 dozen biscuits.

Dough will keep in refrigerator for several days, but always allow biscuits to rise before baking.

APPLESAUCE CHEESE BISCUITS

Governor & Mrs. James Martin - North Carolina

2 C. flour	4 T. shortening
2 tsp. baking powder	1/4 C. applesauce
1/4 tsp. baking soda	1/4 C. grated sharp Cheddar cheese
1 tsp. salt	

Sift together dry ingredients. Cut in shortening until it looks like fine bread crumbs. Add applesauce and grated cheese. Stir with fork until mixed. Roll out dough and cut to desired size. Bake at 400° approximately 15 minutes.

BUTTERMILK BISCUITS

Eloise Jenkins

Sift some self-rising flour into a bowl. Add some Crisco. Mix with your hand until you have pea-sized pellets. Add buttermilk, mixing by hand. Scrape mix onto floured board. Knead lightly, working in just enough flour so dough can be handled. Pinch off small pieces of dough. Shape into ball in palms of floured hands. Flatten with heel of right palm. Place on greased baking sheet. Bake at 450° until golden brown. Brush tops and bottoms with melted margarine after baking.

This recipe makes about 30 biscuits.

BELGIAN BREAD

Martha McNeill

- | | |
|-------------------|------------------------|
| 1 C. milk | 2 C. plain flour |
| 1 C. sugar | 1/2 tsp. baking powder |
| 1 C. raisins | 1/2 tsp. baking soda |
| 1 stick margarine | 1 egg, beaten |

Put first 4 ingredients into saucepan, bring to a boil, and set aside to cool. Sift flour, baking powder and baking soda together 3 times and beat into cooled mixture. Add egg and mix well. Pour into greased and floured loaf pan. Bake at 375° for 30 minutes, then lower oven to 325° for 30 minutes.

GERMAN RYE BREAD

Clarence Brown Ammons

- | | |
|-----------------------|-----------------------|
| 2 C. rye flour | 2 C. boiling water |
| 2 tsp. salt | 1 pkg. dry yeast |
| 3/4 C. black molasses | 5 to 6 C. white flour |
| 1/3 C. Crisco | |

Mix first 6 ingredients together well. Add 3 cups white flour and beat well. Add 2 to 3 cups more flour. Put on board and knead 10 minutes. Let it rise to twice its bulk and punch down. Let it rise again. Make 2 loaves. Bake at 350° for 45 minutes.

PUMPKIN BREAD

Mary Ormsby

- | | |
|-----------------------------|----------------|
| 4 eggs | 1 C. oil |
| 3 C. sugar | 3 1/2 C. flour |
| 2 C. mashed, canned pumpkin | 2 tsp. soda |
| 1 tsp. cinnamon | 1 tsp. salt |
| 1 tsp. nutmeg | |

Beat eggs until lemon colored. Add sugar gradually, beating constantly. Add cinnamon, nutmeg and pumpkin. Mix lightly; add oil. Mix well. Mix flour, soda and salt and add to pumpkin mixture alternately with 1/3 cup water. Pour into 2 greased loaf pans or a mold appropriate for a special event. Bake in preheated 325° oven for 1 hour, or until bread tests done. Makes 2 loaves

Keeps well. Makes a nice gift.

STRAWBERRY BREAD

Dare Johnson

3 C. plain flour
1 tsp. salt
1 tsp. baking powder
1 tsp. ground cinnamon
2 C. sugar

3 eggs, well beaten
1 1/4 C. salad oil
2 10-oz. pkg. frozen strawberries,
drained (save juice)
1 C. chopped nuts

Sift together dry ingredients. Make a well in the center of dry ingredients and add eggs and oil, stirring just until evenly moistened. Stir in strawberries and nuts. Pour into 2 greased 8" loaf pans. Bake at 350° for 1 hour. Let stand overnight before slicing. Glaze if desired.

Glaze:

1/4 C. powdered sugar
1/4 C. granulated sugar

Strawberry juice

Combine sugars with enough strawberry juice to make a thin glaze, stirring until sugar dissolves.

SPICED ZUCCHINI BREAD

Sarah Watson

3 C. all-purpose flour
2 tsp. soda
1 tsp. salt
1/2 tsp. baking powder
1 1/2 tsp. ground cinnamon
3/4 C. finely chopped walnuts
(I use pecans)

3 eggs
2 C. sugar
1 C. vegetable oil
2 tsp. vanilla extract
2 C. coarsely shredded zucchini
1 8-oz. can crushed pineapple,
well drained

Combine flour, soda, salt, baking powder, cinnamon and nuts; set aside. Beat eggs lightly in a large mixing bowl; add sugar, oil and vanilla; beat until creamy. Stir in zucchini and pineapple. Add dry ingredients, stirring only until dry ingredients are moistened. Spoon batter into 2 well-greased and floured 9x5x3" loaf pans. Bake at 350° for 1 hour or until done. Cool 10 minutes before removing from pans. Turn out on rack and cool completely. Yield: 2 loaves.



WHEAT GERM ZUCCHINI BREAD

Frances McPhaul McMillan

- | | |
|----------------------------|------------------------|
| 3 eggs | 1/2 C. wheat germ |
| 1 C. oil | 2 tsp. soda |
| 1 C. sugar | 2 tsp. salt |
| 1 C. brown sugar | 1/2 tsp. baking powder |
| 3 tsp. maple flavoring | 1 C. chopped nuts |
| 2 C. shredded zucchini | 1/3 C. sesame seeds |
| 2 1/2 C. all-purpose flour | |

Beat eggs, add oil, sugars and flavoring. Mix until thick and foamy. Using a spoon, stir in zucchini. Combine flour, wheat germ, soda, salt, baking powder and nuts. Add to the other ingredients. Divide evenly into 2 greased and floured pans. Sprinkle sesame seeds on top. Bake at 350° for 1 hour. Cool in pan for 10 minutes. Turn out on wire rack and cool. Yield: 2 loaves.

BROCCOLI CORNBREAD

Vista Robertson

- | | |
|------------------------|----------------------------------|
| 1 bx. chopped broccoli | 1/2 C. butter or margarine |
| 4 eggs, beaten | Salt and pepper |
| 6 oz. cottage cheese | 1 bx. Jiffy cornbread muffin mix |
| 1 lg. onion | |

Mix first 6 ingredients, then add muffin mix. Mix together and bake for 25 minutes at 400°.

CORNBREAD

*Myrtis Johnson**

- | | |
|--------------------|--------------------------|
| 1 1/2 C. cornmeal | 3 tsp. baking powder |
| 1/2 C. plain flour | 1 egg, beaten |
| 1 tsp. salt | 1 1/2 C. milk and water |
| 1 T. sugar | 1/4 C. melted shortening |

Mix well first 7 ingredients. Melt shortening in 8x8" pan and swirl to coat pan. Pour shortening into first mixture. Bake at 350° for 30 to 40 minutes.

*Via Dare Johnson.

SPOON CORNBREAD

*Carrie McNeill Graham**

- | | |
|-----------------------------|-----------------|
| 2 C. water | 1 T. shortening |
| 1 C. white cornmeal, sifted | 1 tsp. salt |
| 1 C. milk | 2 eggs |

Mix the water and cornmeal and bring slowly to boiling point. Cook 5 minutes. Add milk, shortening, salt and well-beaten eggs. Beat thoroughly and bake in well-greased casserole dish for 25 minutes at 400°.

*Via Carolyn Graham McLean.

CORNBREAD FOR DRESSING

*Henrietta E. Torry**

2 C. white medium-ground cornmeal
1/4 C. self-rising flour
Salt
1 T. sugar

2 tsp. baking powder
1 egg
1/4 C. oil

Mix and then add desired amount of buttermilk. Grease pan. Cook at 375° for 40 minutes until golden brown.

*Via Jean M. Ammons.

HOLIDAY DRESSING

Jean McManus

Half biscuit (about 4 C.)
Half cornbread (about 4 C.)
1 whole onion, chopped

6 ribs chopped celery (optional)
1/2 doz. boiled eggs, chopped
Salt and pepper, to taste

Make soupy with chicken stock (strain off any grease). Bake for 30 to 40 minutes at 350°. Serve with turkey and giblet gravy.

BEER MUFFINS

Cookbook Committee

4 C. Bisquick
3 T. sugar

1 12-oz. can beer, warm
2 to 3 T. butter, melted

Combine all ingredients except butter. Stir just until blended. Fill greased muffin tins 2/3 full. Brush with melted butter. Bake at 400° for 20 to 25 minutes or until done. Makes 2 dozen muffins.

BLUEBERRY MUFFINS

Sarah Watson

2 C. plain flour
1 T. baking powder
1/2 tsp. salt
1/2 C. sugar

1/4 C. oil
1 egg, beaten
1 C. milk
3/4 C. blueberries

Mix first 4 ingredients together. Mix remaining ingredients and add to dry ingredients and mix well. Bake in well-greased muffin pan for 25 to 30 minutes at 350°.

CORNMEAL MUFFINS

Vista Robertson

- | | |
|------------------------|-----------------|
| 1 C. cornmeal | 1 egg |
| 1 C. all-purpose flour | 3 T. Mazola oil |
| 4 T. sugar | 3/4 tsp. salt |
| 4 tsp. baking powder | 1 1/4 C. milk |

Place all ingredients in mixing bowl. Beat on low speed only enough to mix, scraping bowl. Fill greased muffin pan 2/3 full. Bake at 425° about 20 minutes. Makes 12 muffins.

OAT BRAN MUFFINS

*Diet Center**

- | | |
|-------------------------------------|---------------------------------|
| 2 1/4 C. oat bran | 2 egg substitutes (Egg Beaters) |
| 1 16-oz. can unsweetened applesauce | 2 T. Mazola oil |
| 2 T. baking powder | 1/2 tsp. cinnamon |
| 3/4 C. Carnation powdered milk | 1/4 tsp. maple flavoring |
| 5 env. Sweet 'N Low | |

Heat oven to 375°. Coat 12 medium muffin cups with Pam. Combine oat bran, fruit and baking powder in bowl. Add remaining ingredients until dry ingredients are moist. Spoon into muffin tin and bake 15 to 18 minutes. Makes 12 muffins.

*Via Vista Robertson.

SIX WEEK MUFFINS

Jean McRae Ammons

- | | |
|--------------------------|------------------|
| 1 15-oz. bx. raisin bran | 2 tsp. salt |
| 2 1/2 C. sugar | 1 C. cooking oil |
| 5 C. plain flour | 4 eggs, beaten |
| 5 tsp. soda | 1 qt. buttermilk |

Mix dry ingredients (raisin bran, sugar, flour, soda, salt) in a very large mixing bowl. Add liquid ingredients (oil, eggs, buttermilk) and mix well. Store in a covered container in the refrigerator and use as desired. To use, fill greased muffin pans 2/3 full. Bake at 400° for 18 to 20 minutes.

Batter may be kept 6 weeks in the refrigerator, not the freezer.

HAM BISCUITS

Vista Robertson

- | | |
|-----------------------------------|-----------------------------|
| 1 pkg. party rolls | 1 tsp. mustard |
| 1 (4 or 5-oz.) pkg. boiled ham | 1 T. poppy seeds |
| 1 4-oz. pkg. Swiss cheese, grated | 1 tsp. Worcestershire sauce |
| 1/4 lb. butter, softened | 1 sm. onion, grated |

Combine last 5 ingredients. Spread both sides of the rolls. Put 2 pieces of ham with Swiss cheese in the middle. Bake in 350° oven until cheese melts.

Variation:

Use 2 sticks melted butter, 5 tablespoons mustard, 3 tablespoons poppy seeds and 2 grated onions.

Good.

HAM PARTY ROLLS

Elise McMillan

- | | |
|----------------------------------|-------------------------------|
| 2 pkg. sm. Pepperidge Farm rolls | 1/2 tsp. Worcestershire sauce |
| 1/2 C. margarine | 3 C. finely ground county ham |
| 2 T. prepared mustard | 1 C. grated Swiss cheese |
| 1 1/2 T. poppy seed | 1 C. grated Cheddar cheese |
| 1/4 C. finely grated onion | 1/2 C. mayonnaise |

Remove rolls from pan and slice horizontally through rolls. Melt margarine and add all additional ingredients. Mix well. Remove top of rolls and spread bottom section of rolls with mixture. Replace the top of the rolls, put into pan and heat at 400° just until cheese melts. Separate and serve individual rolls while warm.

" The most indispensable quality of a cook is exactitude. It should also be that of the guest. "

Cakes, Pies & Desserts



- Cakes -

APPLESAUCE CAKE

*Mary E. McGugan Ammons**

- | | |
|-----------------|----------------------|
| 4 C. flour | 1 tsp. ground cloves |
| 1 C. butter | 2 tsp. cinnamon |
| 4 eggs | 2 C. raisins |
| 2 C. sugar | 2 C. chopped nuts |
| 1 C. applesauce | 1/2 lb. cherries |
| 1 tsp. nutmeg | 1/2 lb. pineapple |

Cream sugar and butter. Add eggs and applesauce. Mix spices and 3 cups flour. Add to batter. Mix 1 cup flour and other ingredients. Add to batter. Cook 1½ hours in greased and floured tube pan at 325°.

*Via Jean Ammons.

FRESH APPLE CAKE

Mary Ormsby

- | | |
|-----------------------------------|----------------------|
| 1/2 C. butter or margarine | 1 C. nuts |
| 1 3/4 C. sugar | 2 C. flour |
| 3 eggs | 1 tsp. salt |
| 3 or 4 C. peeled and diced apples | 1 tsp. baking powder |
| 1 C. raisins | 1 tsp. cinnamon |

Cream together butter, sugar and eggs. Mix together dry ingredients (flour, salt, baking powder, cinnamon). Add apples, raisins and nuts to mixture. Bake in 350° oven in a 13x9" greased pan for 50 to 60 minutes. Keeps well.

FRESH APPLE CRUNCH CAKE

Jo McGugan

- | | |
|---------------------|----------------------------------|
| 2 C. unsifted flour | 2 eggs |
| 1 1/2 tsp. salt | 2 C. sugar |
| 1 tsp. nutmeg | 2 C. chopped apples (firm, tart) |
| 1 tsp. cinnamon | 1 C. chopped nuts (optional) |
| 1 tsp. soda | 1 tsp. vanilla |
| 1 1/4 C. Wesson oil | 1/3 C. apple brandy |

Sift together flour, salt, nutmeg, cinnamon and soda. In a large bowl, mix eggs, sugar and oil. Add flour mixture to oil mix and combine. Add apples, nuts, vanilla and brandy. Mix again. Spread batter into lightly greased 13x9x2" pan. Bake at 350° for 35 to 45 minutes. No icing. Cut in squares to serve.

COCONUT SHEET CAKE

Alice Collins

1 cake mix (plain or butter mix)
1 6-oz. pkg. frozen coconut
1 tsp. coconut flavoring
2/3 C. Pet milk
1 tsp. coconut flavoring

1 tsp. vanilla flavoring
1/2 bx. powdered sugar
1 ctn. Cool Whip
6 oz. frozen coconut

Make sheet cake with cake mix. Add 6 ounces frozen coconut and 1 teaspoon coconut flavoring. Bake according to directions. While cake is still in oven, mix and heat over low heat (do not boil) the milk (add enough water to make 2 cups), 1 teaspoon coconut flavoring, vanilla flavoring and powdered sugar. When cake comes out of oven, punch holes with fork. Pour mixture over hot cake. Cool completely. Spread with Cool Whip and top with 6 ounces frozen coconut. Refrigerate.

REFRIGERATOR COCONUT CAKE

Hannah Warren

1 bx. Duncan Hines yellow cake mix

3 T. Wesson oil

Mix cake according to directions. Add Wesson oil to mixture and bake in three 8" pans. Cool.

Icing:

2 pkg. frozen coconut (6 or 9-oz.),
thawed
1 C. sugar

1 ctn. sour cream
1 tsp. vanilla
1/2 tsp. salt

Mix well and spread Icing between layers and on top of cake. Can also ice sides of cake. Keep in refrigerator.

CARAMEL FUDGE CAKE

Nazareth Graham

1 18-oz. pkg. chocolate cake mix
1 14-oz. pkg. caramels, unwrapped
1/2 C. butter or margarine

1 14-oz. can sweetened
condensed milk
1 C. coarsely chopped pecans

Heat oven to 350°. Prepare cake mix as directed on package. Pour 2 cups batter into greased 13x9x2" baking pan. Bake for 15 minutes. Meanwhile, in heavy saucepan over low heat, melt caramels and butter. Remove from heat; add sweetened condensed milk. Mix well. Spread caramel mixture evenly over cake; spread remaining cake batter over caramel mixture. Top with pecans. Return to oven; bake 30 to 35 minutes longer or until cake springs back when lightly touched. Cool.

CHOCOLATE CAKE SQUARES

Vista Robertson

2 C. plain flour
2 C. sugar
1 tsp. soda
2 sticks margarine
1 C. water

1/4 C. cocoa
1/2 C. buttermilk
2 beaten eggs
1 tsp. vanilla

Sift flour, sugar and soda into a bowl. In saucepan, put margarine, water and cocoa. Bring to a boil and pour into flour mixture. Add buttermilk, beaten eggs and vanilla. Bake in greased 13x9" pan at 325° for 45 minutes.

Icing:

1 stick margarine
1/4 C. cocoa
6 T. milk

1 bx. powdered sugar
1 tsp. vanilla

Combine margarine, cocoa and milk. Bring to a boil. Add powdered sugar and vanilla. Pour hot icing over cake while still warm. Sprinkle with chopped nuts. Cut in squares.

JANE'S CHOCOLATE CAKE

Jane Thrower

1 stick butter
1 C. sugar
4 eggs

1 C. plus 2 T. self-rising Red Band flour
1 1-lb. can Hershey's chocolate syrup
1 tsp. vanilla

Cream butter and sugar. Add eggs, 1 at a time and beat well after each addition. Add flour and mix. Add chocolate syrup and vanilla; stir well. Grease and flour two 9" cake pans or 9x13" pan. Bake for 30 minutes at 350°.

Icing*:

1 sm. can Pet milk (2/3 C.)
2 C. sugar

1 1/2 sticks margarine**
1 C. chocolate chips

*Use half of this recipe if you use 9x13" pan. **Use only 1 stick for 9x13" pan.

Bring to a rolling boil for 1 minute (continue to stir down). Add chocolate chips. Beat.

DUMP CAKE

Mary Ormsby

1 lg. can crushed pineapple
1 bx. yellow cake mix
1 C. nuts

1 can cherry pie filling
2 sticks melted margarine
1 C. flaked coconut

Into 9x13" pan, dump pineapple, pie filling and cake mix. Sprinkle coconut and chopped nuts on top. Then pour melted margarine over top. Bake at 350° for 1 hour. Also goes well in Bundt cake pan.

MCNEILL'S BOARDING HOUSE JAPANESE FRUITCAKE

Irene S. McNeill*

- | | |
|------------------------------|------------------------------|
| 2 C. sugar | 1/2 C. whole milk |
| 1 C. butter, softened | 2 tsp. cinnamon |
| 6 eggs, room temperature | 1 tsp. cloves |
| 3 C. all-purpose flour | 1 tsp. allspice |
| 1 heaping tsp. baking powder | 1 C. raisins, finely chopped |

Cream sugar and butter together in mixer. Then, mix first 6 ingredients until well blended. Divide batter in half. To half of the batter, add next 4 ingredients. Pour into pans. Cook in preheated 350° oven until straw inserted in middle comes out clean. After layers have cooled some, split each layer (make 2 layers out of 1 layer). Alternating plain and spice layers, spread the following Filling between each and on top (allow Filling to drizzle from top onto sides):

Filling:

- | | |
|------------------------|--|
| 1 C. sugar | 1 tsp. cornstarch |
| 1 C. boiling water | 2 lemons, juice and finely grated rind |
| 1 grated fresh coconut | |

Add sugar to boiling water and stir to dissolve. Add other ingredients. Cook until mixture is thickened and will drop from spoon.

*Via Betty McNeill Fahed.

HONEY BUN CAKE

Kim Ammons

- | | |
|-----------------------|---------------------|
| 1 bx. yellow cake mix | 1 C. sour cream |
| 2/3 C. cooking oil | 1 C. brown sugar |
| 4 eggs | 3 tsp. cinnamon |
| 2 tsp. vanilla | 2 C. powdered sugar |
| 1/2 C. sugar | 4 T. milk |

Mix cake mix, oil, sugar and eggs with sour cream. Pour half of mixture into 9x13" greased oblong baking pan. Make filling by mixing brown sugar and cinnamon. Spread half of filling over batter, pour in remaining batter and spread with remaining filling mixture. Swirl with knife blade. Bake at 350° for 35 minutes. Cake will fall in middle when removed from oven. Mix powdered sugar, vanilla and milk for a glaze. Pour over warm cake.



MILKY WAY CAKE

Sara Paden

8 Milky Way candy bars
2 sticks butter or margarine
2 C. granulated sugar
4 eggs
1 tsp. vanilla

3 1/2 C. plain flour
1/2 tsp. soda
1 1/4 C. buttermilk
1 C. pecans
1/2 tsp. baking powder

Melt candy and 1 stick butter and set aside. Cream sugar and remaining butter; add eggs to sugar mixture. Alternate flour and soda with buttermilk; add candy bars and butter mixture. Add pecans and mix. Pour into pan. Bake at 325° for 1 hour and 10 minutes.

Milky Way Icing:

2 1/2 C. sugar
1 can evaporated milk
1 stick butter

1 6-oz. pkg. chocolate chips
1 C. marshmallow creme

Cook sugar, milk and butter until mixture forms a soft ball; set aside and add chocolate chips and marshmallow creme. Spread over cake.

PISTACHIO NUT CAKE

Wanda Gaskill

1 pkg. instant pistachio pudding mix
1 bx. white cake mix
3 eggs

1 C. vegetable oil
1 C. club soda
1/2 C. chopped pecans

In large bowl, add cake mix, pudding mix, eggs, oil, club soda and nuts. Beat on medium speed for 4 minutes. Pour into greased tube pan. Bake 35 to 45 minutes in 350° oven. Cool in pan 5 minutes, turn out and cool completely before adding Frosting.

Frosting:

1 env. dry Dream Whip
1 C. cold milk

1 pkg. instant pistachio pudding mix
4 oz. Cool Whip

Beat first 3 ingredients until thickened. Fold in Cool Whip and frost cake.

CHOCOLATE POUND CAKE

*Margaret McLean McRae**

2 sticks butter
3 C. sugar
1/2 C. Wesson oil
5 eggs
1 C. milk

2 tsp. vanilla
3 C. flour (Swans Down)
1/2 tsp. baking powder
1/2 tsp. salt
1/2 C. cocoa

Cream butter, sugar and Wesson oil. Add alternately eggs, milk and dry mixture. Cook at 325° for 1 hour and 20 minutes.

*Via Jean Ammons.

SOUR CREAM POUND CAKE

Sarah Ashford

- | | |
|-----------------------------------|--------------------------------|
| 1/2 lb. butter | 1/2 pt. sour cream |
| 3 C. sugar | 1/4 tsp. soda |
| 6 eggs | 1 tsp. vanilla |
| 3 1/2 C. all-purpose flour | 1 tsp. almond flavoring |

Cream butter and sugar until light and fluffy. Beat in eggs, 1 at a time. Sift flour and soda together. Add to other mixture alternately with sour cream, beginning and ending with flour. Add flavoring and blend. Grease and lightly flour 10" tube pan. Turn batter into prepared pan and bake in oven at 350° for 1 hour and 15 minutes.

PRUNE CAKE

Sarah Watson

- | | |
|-------------------------------|---|
| 1 C. Wesson oil | 1 tsp. soda |
| 1 1/2 C. sugar | 1 tsp. cinnamon |
| 2 C. all-purpose flour | 1 tsp. allspice |
| 3 eggs | 1/4 tsp. salt |
| 1 C. buttermilk | 1 tsp. vanilla |
| 1 C. pecans, chopped | 1 C. prunes, cooked and chopped fine |

Beat together sugar and Wesson oil. Add eggs, 1 at a time, beating thoroughly. Sift dry ingredients together; add alternately to first mixture with flour and buttermilk. Add vanilla, pecans and prunes. Bake in large shallow pan at 350° about 30 to 40 minutes or until done.

Icing:

- | | |
|--------------------------|---------------------------------|
| 1/4 C. buttermilk | 1 T. Karo syrup |
| 1 C. sugar | 1 tsp. vanilla flavoring |
| 1 stick margarine | 1/2 tsp. soda |

Boil all together for 1 minute, except flavoring. Remove from heat and stir in vanilla and pour over hot cake. Cool in pan.

EASY RED VELVET CAKE

Sandra Young

- 1 bx. Duncan Hines (butter) yellow cake mix**

Make according to directions and add 2 tablespoons red food coloring and 1/2 teaspoon of butter flavoring. Makes 3 medium layers or 2 large layers.

Icing:

- | | |
|--|--------------------------------------|
| 1 8-oz. pkg. cream cheese, softened | 1 bx. 4X confectioner's sugar |
| 1 stick margarine, softened | 1 C. chopped nuts |

Mix well and frost layers.

STRAWBERRY FROSTED CAKE

Lucille Dorman

- | | |
|--|--|
| 1 pt. fresh strawberries, sliced | 1 (3 1/2-oz.) pkg. instant vanilla |
| 1 10-oz. pkg. frozen strawberries,
thawed | pudding mix |
| 1 12-oz. ctn. Cool Whip | 1 round angel food cake, cut in 3 layers |

Mix thawed strawberries with dry vanilla pudding mix until thickened. Let set for a few minutes. Then add fresh strawberries and Cool Whip. Mix well and frost cake. Keep refrigerated.

EASY CARAMEL ICING

Jean Ammons

- | | |
|----------------------------|-----------------------|
| 1/2 C. butter or margarine | About 2 1/2 C. sifted |
| 1 C. brown sugar, packed | confectioner's sugar |
| 1/4 C. milk | |

Melt butter in saucepan; add brown sugar; boil over low heat 2 minutes, stirring all the time. Add milk; keep stirring until mixture boils. Remove from heat. Cool. Add confectioner's sugar, beating well after each addition until thick enough to spread. Enough to fill and frost an 8 or 9" layer cake or 1 oblong cake.

CREAMY MAPLE FROSTING

Vista Robertson

- | | |
|-------------------------|--------------------|
| 2 3/4 C. powdered sugar | 1/2 C. Crisco |
| 1 tsp. salt | 1 egg |
| 2 tsp. vanilla | 1/4 C. maple syrup |

Put all ingredients in a bowl and beat and beat with electric mixer until frosting is light and fluffy.

Good on plain or chocolate pound cake, spice or applesauce cake.

WONDER FROSTING

Mildred Shoök

- | | |
|--------------------------|----------------|
| 1 1/2 C. sugar | 1/3 C. water |
| 1/8 tsp. salt | 2 egg whites |
| 1/4 tsp. cream of tartar | 1 tsp. vanilla |

Combine sugar, salt, cream of tartar and water. Let come to a full boil and boil 3 minutes. Beat egg whites to a froth. Add hot syrup gradually. Beat 5 minutes. Beat in flavoring.

This is a soft frosting. If desired, add 6 marshmallows to hot syrup and allow to dissolve before adding to egg whites.

- Pies -

GRATED APPLE PIE

Vista Robertson

2 C. grated apples
1 C. sugar
1 egg, beaten

1/2 stick butter or margarine, melted
1 1/2 T. lemon juice
1 unbaked pie shell

Combine all ingredients. Pour into unbaked pie shell and bake at 350° for 30 to 35 minutes or until apples are tender.

BLUEBERRY PIE

Betty Ammons

1 pie crust
2 1/2 C. blueberries
1 C. sugar
1/4 C. self-rising flour

Dash salt
1 T. lemon juice
2 T. margarine

Combine blueberries, sugar, flour, salt and lemon juice. Pour into unbaked pie shell. Dot margarine on top. Top with crust. Bake at 400° for 40 to 50 minutes.

BUTTERMILK CHESS PIE

Jo McGugan

3 eggs
2/3 C. buttermilk
2 C. sugar

1 heaping T. flour
1/2 C. melted butter
1 tsp. vanilla

Beat eggs. Add buttermilk and mix well. Combine sugar and flour and add. Add butter (not margarine) and vanilla. Mix to blend. Pour into 9" pie shell or 14 tart shells. (The Bama tart shells in the freezer food section are what I use.) Bake in a preheated 375° oven for 1 hour or until knife inserted in center comes out clean.

BUTTERMILK PIE

Frances Brock

2 C. sugar
3 eggs, beaten
1/2 C. butter
1 C. buttermilk

3 T. flour
1 T. vanilla
Dash nutmeg

Cream butter and sugar. Add flour and then beaten eggs. Add milk and flavoring. Mix well. Pour into unbaked 9" pie shell. Bake at 350° for 45 to 55 minutes. Makes 2 pies.

CHOCOLATE PIE

Louise Cottrell

6 T. cornstarch
2 C. sugar
1/2 C. cocoa
3 egg yolks

3 C. milk
1/2 stick butter
1 tsp. vanilla

Combine first 5 ingredients and cook until thick. Add butter and vanilla. Pour into baked pie shell. Top with Meringue.

Meringue:

3 eggs whites
1/2 tsp. vanilla

1/4 tsp. cream of tartar
6 T. sugar

Beat egg whites with cream of tartar and sugar, added 1 tablespoon at a time, until stiff peaks form. Add vanilla. Bake at 350° for 12 to 15 minutes or until browned.

FUDGE PIE

Alice Collins

1/4 C. cocoa
1 stick butter
1/4 C. plain flour

1/2 tsp. vanilla
2 eggs
1 C. sugar

Mix all ingredients. Place in unbaked pie shell. Bake in 350° oven for 30 minutes.

FRUIT PIE

Sarah Watson

1 #2 can crushed pineapple, undrained
1 #2 can pie cherries (use 1/2 juice)

1 1/2 C. sugar
3 T. plain flour

Mix ingredients and bring to boil. Add 1 3-ounce package orange Jell-O. Remove from heat. Cool. Add 1 cup pecans and 2 or 3 diced bananas. Put in 2 baked crusts.

FRUIT DELIGHT PIES

Elizabeth C. Currie

2/3 C. sugar
1/4 C. plain flour
1 3-oz. pkg. cherry Jell-O
1 C. chopped nuts
1 16-oz. can red, sour, pitted cherries

1 (8 1/2-oz.) can crushed pineapple
3 med. bananas, mashed
2 9" graham cracker crumb crusts
Whipped cream or Cool Whip

Combine sugar, flour, cherries, pineapple (do not drain fruit). Cook until thick. Add cherry gelatin. Cool slightly, add mashed bananas and chopped nuts. Divide mixture into crumb crusts. Refrigerate at least 4 to 5 hours. It is best to make pies the day before serving and then top with whipped cream or Cool Whip. Yield: Two 9" pies.

GRASSHOPPER PIE

Eloise Jenkins

2/3 C. milk, scalded
24 lg. marshmallows
2 oz. creme de menthe

1 oz. white creme de cacao
1/2 pt. whipping cream
1 chocolate crust

Scald milk in double boiler. Add marshmallows, melt, stir often. Cool to room temperature. Add creme de menthe and creme de cacao. Whip and fold in whipping cream to mixture. Pour into chocolate crust. Freeze.

"Blob" of whipped cream on top before serving, if desired.

JAPANESE FRUIT PIE

Sarah Watson

1 stick butter
1 C. sugar
2 eggs
1/2 C. coconut

1/2 C. raisins
1/2 C. pecans
1 T. lemon juice

Beat eggs, add sugar, butter and other ingredients. Pour into unbaked pie shell and bake at 310° for 50 minutes.

LEMONADE PIE

Betsy Overstreet

1 can Eagle Brand milk
1 sm. can frozen lemonade

1 12-oz. ctn. Cool Whip

Let lemonade thaw and mix with Eagle Brand milk. Fold in the Cool Whip and put in 2 graham cracker crusts. Refrigerate.

PEACH PIE

Peggy Tyndall

2 unbaked pie crusts
1 C. sugar
3 heaping T. plain flour

5 C. peaches
Sprinkle of nutmeg

Peel and slice peaches and place in pie shells. Sprinkle flour, sugar and nutmeg over peaches. Place "pats" of butter on top of peaches. Bake at 375° for 50 minutes.

PEANUT BUTTER PIE

Eloise Jenkins

1 8-oz. pkg. cream cheese, softened
1 C. crunchy peanut butter
1 16-oz. ctn. Cool Whip

1 1/2 C. sifted powdered sugar
2 9" graham cracker crusts
Chocolate shavings

On medium speed with mixer, beat cream cheese and peanut butter until light and fluffy. Gradually add powdered sugar; fold in Cool Whip. Spoon into crusts. Garnish with chocolate shavings. (I use Hershey's kisses, grated, 7 per pie.) Freeze for at least 8 hours before serving. Remove from freezer about 15 minutes prior to serving.

AUNT MAMIE'S PECAN PIE

Jean McManus

2 C. white Karo syrup
3/4 C. sugar
2 C. chopped pecans
1/2 C. Half and Half

2 T. melted butter
2 T. flour
4 eggs
1 tsp. vanilla

Mix all ingredients except for pecans until the sugar is dissolved. Add nuts and divide into 2 unbaked pie shells. Bake at 300° until center of pie is set.

PECAN CHOCOLATE CHIP PIE

Louise Cottrell

2 sticks butter (1 C.)
2 C. sugar
2 C. white syrup
8 eggs
2 tsp. vanilla

1 12-oz. pkg. semi-sweet
chocolate chips
2 C. chopped pecans
4 9" pie shells (regular)

Melt butter. Mix sugar, eggs and syrup in bowl. Add vanilla, butter, nuts and chips; mix well. Pour in pie shells. Cook for 40 minutes in preheated 350° oven. Makes four 9" pies.

SWEET POTATO CUSTARD PIE

Virginia McCall

4 med. sweet potatoes,
cooked and peeled
1 3/4 C. sugar
2 eggs
1/4 C. sweet milk

1 T. flour
2 sticks margarine or butter, melted
1 tsp. vanilla flavoring
1 tsp. lemon flavoring
2 pie crusts

Mash hot, sweet potatoes and add sugar, eggs, margarine, milk, flour, vanilla and lemon flavorings. Beat together thoroughly. Pour into pie crusts and bake at 350° for 45 minutes or until fillings are set. Makes 2 pies.

VINEGAR CHESS PIE

Jean Ammons

1 8" pie shell
1/2 C. butter or margarine
1 1/2 C. sugar

1 T. vinegar
3 eggs
1 tsp. vanilla

Preheat oven to 375°. Melt butter in small saucepan. Stir in sugar and vinegar. Bring to boil. Beat eggs in bowl. While eggs are beating, stir in vinegar mixture. Stir in vanilla. Bake for 35 minutes or until set.

This recipe is easily doubled.

LEMON CURD TARTS

Betty McConnaughey

Grated rind of 2 lemons
1/2 C. lemon juice
2 C. sugar
1 C. butter

4 eggs, well beaten
4 doz. miniature tart shells or
1 doz. regular ones

Combine lemon rind, lemon juice and sugar in top of double boiler. Add butter. Heat over boiling water, stirring until butter is melted. Stir in eggs. Continue cooking, stirring constantly, until mixture is thick enough to pile slightly, about 15 minutes. Cool thoroughly. Spoon filling into cooked tart shells. Top with real whipped cream. Lemon curd keeps well refrigerated for 2 to 3 weeks.

NEVER FAIL MERINGUE

Mary Ormsby

3 egg whites
6 T. sugar
1 tsp. vanilla

2 T. cornstarch
2 T. cold water
1 C. hot water

Beat egg whites until forms peaks. Add sugar and vanilla. Combine cornstarch and cold water. Add hot water. Cook until clear on low heat. Cool well. Add to meringue and whip. Use as a topping for pies or custards. Brown in hot oven.

- Desserts -

APPLE BROWN BETTY

Eloise Jenkins

- | | |
|------------------------|----------------------------------|
| 1 C. sugar | 1/4 tsp. salt |
| 1/4 tsp. ground cloves | 3 C. soft bread crumbs, divided |
| 1/4 tsp. cinnamon | 4 lg. tart apples, thinly sliced |
| 1/4 tsp. nutmeg | 1/4 C. melted margarine |

Combine sugar, spices, salt and set aside. Sprinkle 3/4 cup bread crumbs in bottom of 2-quart buttered casserole. Add layer of apples and sprinkle with 1/3 of sugar mixture. Repeat layers 2 times (total of 3 layers). Sprinkle remaining 3/4 cup bread crumbs. Pour melted margarine over crumbs. Bake at 350° for 30 minutes. Serve warm, topped with ice cream.

CHEESECAKE

*Hannah Alexander**

- | | |
|-------------------------------------|-----------------------|
| 3 8-oz. pkg. cream cheese, softened | 1 tsp. vanilla |
| 3 whole eggs | 1 tsp. almond extract |
| 1 C. sugar | |

Beat cheese until soft. Add sugar, a little at a time, then add eggs and flavoring. Beat thoroughly until completely mixed. Butter Cheesecake pan. Sprinkle real fine graham cracker crumbs in pan. Shake crumbs all over pan and shake out remaining crumbs. Bake at 350° for 30 minutes. Set aside. Heat oven to 450°.

Topping:

- | | |
|---------------------|----------------|
| 1 pt. sour cream | 1 tsp. vanilla |
| 4 T. sugar (1/4 C.) | |

Mix ingredients. Spread on top (with spoon). Put back in 450° oven for 15 minutes. Let cool 10 minutes before removing from pan. Top with cherry or blueberry topping.

*Via Hannah Warren.

CHOCOLATE LUSCIOUS

Helen McDonald

3/4 C. margarine
1 1/2 C. plain flour

3/4 C. chopped nuts

Mix and spread in 13x9" pan. Bake for 15 to 20 minutes at 325°.

1 C. powdered sugar
1 8-oz. pkg. cream cheese

1 1/2 C. Cool Whip

Blend together. Pour over cooled crust. Refrigerate.

1 pkg. chocolate instant pudding
1 (4 1/2-oz.) pkg. vanilla
instant pudding

3 C. milk

Combine ingredients. Pour over cream cheese layer.
Spread remaining Cool Whip on top and sprinkle with pecans.

STRAWBERRY SHORTCAKE

Frances Gibson McNeill

1 C. white sugar
3 eggs, beaten
1 1/2 C. plain flour

1 tsp. baking powder
1 tsp. vanilla

Mix and bake in 2 round or square cake pans. When done, split layers and put sliced or mashed strawberries between layers. Frost top with plenty of whipped cream and garnish with whole berries.

HOT FRUIT CASSEROLE

Vista Robertson

1 1-lb. can peach halves
1 1-lb. can pear halves
1 1-lb. can pineapple slices
1 1-lb. jar apple rings
2 T. cornstarch

1/2 C. brown sugar
1/2 C. cooking sherry
1/2 stick butter or margarine
1 1/2 C. pineapple and peach juice,
mixed

Drain fruit, saving pineapple and peach juice. Place fruit in large casserole dish. Mix remaining ingredients in saucepan and bring to a boil. Pour over fruit and bake at 350° for 20 minutes.

HOT PINEAPPLE CASSEROLE

Vista Robertson

3/4 C. sugar
3 T. all-purpose flour
1 20-oz. can pineapple tidbits, drained
(juice reserved)

1 C. grated sharp Cheddar cheese
1/2 roll Ritz crackers, crumbled
4 T. butter, melted

Combine sugar and flour in a 2-quart casserole dish. Add pineapple and cheese. Pour a small amount of reserved juice over mixture. Sprinkle cracker crumbs over top. Pour melted butter over crumbs. Bake at 350° for 30 minutes. Makes 6 to 8 servings.

Apricots or other fruit may be substituted for pineapple.

PINEAPPLE CASSEROLE

Frances Brock

1 T. flour
1/2 tsp. salt
1/2 C. sugar
3 eggs

1 lg. can crushed pineapple, undrained
Bread slices, cut in 1" squares
1 stick margarine

Mix the flour, salt and sugar and add the eggs and pineapple. Pour into a greased 1-quart casserole dish. Cover top with cubes of bread and dot with margarine. Bake at 400° for 45 minutes.

BUTTERFINGER ICE CREAM

Kim Ammons

5 pt. Half and Half
2 1/2 to 3 C. sugar

2 tsp. vanilla extract
12 Butterfinger candy bars, crushed

Combine all ingredients in container of ice cream freezer. Freeze according to manufacturer's directions. When frozen, pack in ice or transfer container to freezer compartment of refrigerator to mellow for 2 to 3 hours before serving. Yield: 5 quarts.

ORANGE-PINEAPPLE SHERBET

60 oz. orange Crush drink, chilled
28 oz. sweetened condensed milk

15 oz. crushed pineapple, drained

Mix all ingredients in freezer container and freeze according to manufacturer's directions. Yield: 1 gallon.

PEACH ICE CREAM

Peggy Tyndall

3 C. sugar
1 lg. can evaporated milk
Sprinkle salt

A drop almond flavoring
10 to 12 ripe peaches

Chop peaches in blender. Mix all ingredients together and put it into ice cream container. Finish filling with 2% milk. Takes 20 to 25 minutes to freeze. For a 4-quart freezer.

VANILLA ICE CREAM PIE

Kim Ammons

1/4 C. butter or margarine
1 1/3 C. fine vanilla-wafer crumbs
(about 40 wafers)
2 pt. vanilla ice cream or frozen low-fat
vanilla yogurt, slightly softened

3 C. mixed fruits (we used
blueberries, raspberries, sliced
strawberries and nectarines)
1 kiwi fruit, peeled and
cut in small wedges
Fresh mint sprig, for decoration

Melt butter in a medium-size saucepan or microwave-safe bowl. Remove from heat. Add wafer crumbs and stir until well moistened. Press evenly over bottom and up sides of a 9" pie plate. Freeze 30 minutes or until firm. Spread half the ice cream in the crust. Add a layer of half the fruits (except the kiwi). Using a large serving spoon or ice cream spade, spoon remaining ice cream over top. Freeze at least 3 hours or overnight. Before serving, top with remaining fruits including kiwi. Decorate with mint. Refrigerate for 10 minutes to soften ice cream slightly. Makes 8 servings.

The frozen fresh fruit in the center will be hard like the chunks in strawberry ice cream. If you'd rather have softer fruit, use drained, canned fruit packed in syrup.

How to soften ice cream: Let ice cream, sherbet or frozen yogurt stand at room temperature 5 to 15 minutes. Or put a 1-pint container in the microwave on defrost on medium-low 15 to 20 seconds. Let stand about 3 minutes. It should be soft but not melting. Return to freezer briefly if it's too soft.

COTTAGE PUDDING

*Beatrice Monroe**

2 C. flour
2 tsp. baking powder
1/3 tsp. salt
1 egg

3/4 C. white sugar
1 C. milk
2 T. melted butter

Mix well flour, salt and baking powder; then add the sugar, egg, butter and milk. Bake in a shallow, greased dish about half an hour. Serve hot with the following sauce:

Lemon Sauce:

1 C. sugar
2 T. cornstarch
Grated rind 1 lemon
3 T. lemon juice

4 T. butter
2 C. hot water
Pinch salt

Blend sugar and cornstarch; add hot water slowly, stirring constantly. Boil in double boiler for about 5 minutes or until the mixture is clear and thickened. Remove from heat and add the butter, lemon rind and juice. Serve hot over the cottage pudding.

*Via Frances Gibson McNeill.

STRAWBERRY PUDDING

Frances McMillan

1 qt. fresh strawberries, sliced
1/2 C. sugar
1 sm. pkg. strawberry Jell-O
3 pkg. instant vanilla pudding

3 C. cold milk
1 C. sour cream
1 lg. Cool Whip
1 bx. vanilla wafers

Heat strawberries, sugar, and Jell-O just enough to dissolve Jell-O, stirring constantly. Cool. Mix pudding and milk. Stir until thickened. Add sour cream. Fold in 3/4 ounce (2 or 3 tablespoons) Cool Whip. In large 9x13" dish, layer vanilla wafers, pudding mix, and strawberries. Repeat until all are used. Top with remaining Cool Whip. Garnish with sliced strawberries. Refrigerate.

*Meats
&
Main Dishes*



- Pork -

EGG AND SAUSAGE DISH

Betty Powers

1 lb. bulk sausage, scrambled, done
2 slices white bread,
cubed in small pieces
2 C. milk
6 eggs

1 C. sharp grated cheese
1 tsp. salt
1 tsp. dry mustard (could use regular)
Dash Tabasco sauce
Dash Worcestershire sauce

Place a layer of sausage in an oblong casserole dish, then a layer of bread cubes. Combine remaining ingredients in a bowl and mix well. Pour on top of bread and cooked sausage. Refrigerate overnight, covered. In the morning, take out to stand until room temperature. Bake at 350° for 40 minutes. Serves about 7.

Good warmed over if any left.

HOPPIN' JOHN

Phyllis Hall

1 smoked hog jowl, chopped
Black-eyed peas
Rice

Chopped onion
Salt and pepper, to taste
Crackers

Cook first 3 ingredients separately, then mix together. Serve with saltines and chopped onions.

Good New Year's dish.

PORK CHOP CASSEROLE

Kim Ammons

6 pork chops
1 6-oz. bx. long grain and wild rice mix

1 10-oz. can cream of mushroom soup
1 1/2 C. water

Combine all ingredients except pork chops. Brown chops lightly on both sides. Pour into casserole dish and top with pork chops. Bake at 325° for 1 1/4 hours.



- Poultry -

CHICKEN BREASTS SUPREME

Sarah Watson

4 chicken breasts, boned and halved
2 pkg. chipped beef
1/2 pt. sour cream

1 can mushroom soup
1/2 can milk (I use 3/4 C. milk and
1/4 C. sherry)

Put 3 pieces of chipped beef under each piece of chicken. Blend sour cream, soup and milk and pour over chicken which is layered on beef. Do not add salt. Cook uncovered for 3 hours in 300° oven. May be cooked ahead and reheated. Serves 8.

CHICKEN-BROCCOLI CASSEROLE

Sarah Watson

2 10-oz. pkg. frozen, chopped broccoli
4 whole chicken breasts,
cooked and chopped
1 (10 3/4-oz.) can cream of chicken or
mushroom soup, undiluted
2/3 C. mayonnaise

1/2 C. evaporated milk
1/2 C. shredded Cheddar cheese
1 T. lemon juice
1 1/2 tsp. curry powder (optional)
1 C. buttered bread crumbs

Cook broccoli according to package instructions; drain well. Place in a lightly greased 1½-quart casserole dish; top with chicken. Combine remaining ingredients except crumbs, stirring well. Spoon mixture over chicken. Top with bread crumbs. Bake at 350° for 30 minutes or until bubbly.

CHICKEN CASSEROLE

Jean Ammons

2 to 3 C. cooked chicken, diced
4 hard-boiled eggs, chopped
2 C. cooked rice (cook in
chicken broth)
1 1/2 C. celery, chopped
1 sm. onion, chopped
1 C. mayonnaise

2 cans mushroom soup
1 3-oz. pkg. slivered almonds
1 tsp. salt
2 T. lemon juice
1 C. bread crumbs
2 T. margarine

Mix all ingredients except bread crumbs and margarine. Place mixture in buttered 9x12" pan or casserole dish. Brown bread crumbs lightly in margarine. Sprinkle over casserole, refrigerate overnight. Remove from refrigerator 1 hour before cooking. Bake 40 to 45 minutes at 350°. Serves 8.

CHICKEN CASSEROLE

Katherine White

1 8-oz. pkg. Pepperidge Farm
cornbread dressing
1 stick margarine

1 can cream of mushroom soup
1 can cream of chicken soup
1 3-lb. fryer

Stew chicken -- do not salt. Pick off bones and put aside. Save broth. Melt margarine and stir into dressing crumbs. Layer as follows: Crumbs, chicken, mushroom soup (diluted with can of reserved broth), then again crumbs, chicken and can of chicken soup (diluted with can of reserved broth). Top with crumbs and bake at 350° until brown (45 minutes to 1 hour). Use no salt at all. Serves 10.

You can make ahead and freeze.

CHICKEN 'N PASTRY

*Henrietta E. Torry**

Boil a chicken, add salt and black pepper to taste; reserve broth. (If using fryer, add butter or margarine; if using hen, no extra butter or margarine.) Remove meat from bones and put aside. Add water to broth if needed and bring to a boil. Accent added will bring out flavor.

Pastry:
4 C. flour
Salt

Crisco
Ice cold water

Combine flour and salt. Cut in Crisco and ice water (enough to look like biscuits). Mix well. Roll into a ball in foil and chill well. Roll out as thin as you can. Cook small portions of Pastry at a time. (lower heat while doing this). When Pastry is done, add cut up pieces of chicken. If too stiff, add warm water for more liquid.

Freeze any leftover Pastry dough.

*Via Jean Ammons.

CHICKEN AND RICE CASSEROLE

Vista Robertson

1 C. uncooked rice
1 C. mushroom soup
1 C. water

1 C. onion soup (1/2 pkg. Lipton,
mixed with 1 C. water)
Cooked chicken (I use
2 whole breasts)

Preheat oven to 300°. Place rice in greased casserole dish, then dot all over with butter. Pour mushroom soup mixed with water over the rice. Add a little salt. Place cut up chicken on this. Pour onion soup over this and cook covered for 1½ hours.

CHICKEN AND WILD RICE

Frances Brock

1 5-lb. hen or 2 (2 1/2-lb.) fryers
2 pkg. Uncle Ben's wild and long grain rice, cooked according to directions on package
1 lb. hot sausage

4 med. onions, chopped
4 cans undiluted cream of mushroom soup
Butter and bread crumbs

Cook rice in chicken stock (substituting for the water) after chicken has been stewed. Fry sausage; drain. Saute onions in fat. Add soup to onions and sausage. Divide soup-sausage mixture and put into 2 greased 9x13" casserole dishes. Top with cut up chicken. Put rice on top of chicken. Put bread crumbs on top and dot with butter. Cover with foil and bake for 1/2 hour at 350° or until bubbly. Makes 2 casseroles.

Freezes well before being baked.

EASY CHICKEN DIVAN

Betty McConaughy

2 pkg. frozen broccoli
3 chicken breasts, cooked and boned
2 cans cream of chicken soup
1 C. Hellmann's mayonnaise
1/2 C. sour cream

1 tsp. lemon juice
1/2 C. toasted, slivered almonds
1/2 C. shredded sharp cheese
1/2 C. buttered bread crumbs

Cook broccoli; drain, place in casserole dish. Cover with chopped chicken. Mix soup, mayonnaise, sour cream and lemon juice. Pour over chicken. Add cheese, almonds and bread crumbs; sprinkle with dry sherry. Bake at 350° for 25 to 30 minutes or until thoroughly heated. Makes 8 servings.

EASY CRISPY CHICKEN

Jo McGugan

Line baking pan with foil. Place 6 tablespoons butter in pan to melt in oven, while heating oven to 425°. Coat chicken pieces in flour, seasoned with salt, pepper and paprika. Place chicken, skin side down, in melted butter. Bake at 425° for 30 minutes. Turn pieces and bake 20 minutes longer, or until done.

MELT-IN-YOUR-MOUTH CHICKEN PIE

Betsy Overstreet

2 1/2 lb. fryer or 4 chicken breasts
2 C. chicken broth
1 can undiluted cream of chicken soup
1 stick melted margarine

1/2 tsp. pepper
1 C. self-rising flour
1 C. buttermilk

Cook chicken until tender. Remove meat from bones. Reserve broth. Cut chicken in small pieces, place in a 13x9x2" dish (or pan). Mix chicken broth and soup in pan and bring to a boil. In another bowl, mix margarine, pepper, flour and buttermilk. Mix thoroughly to form batter. Pour broth mixture over chicken and spoon batter over top. Bake at 425° for 25 to 30 minutes or until crust is brown.

SESAME CHICKEN KABOBS

Kim Ammons

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|--|------------------------|
| 2 whole chicken breasts,
skinned and boned | 1/4 tsp. ground ginger |
| 1/4 C. soy sauce | 1/4 tsp. garlic powder |
| 1/4 C. Russian reduced-calorie
salad dressing | 1 lg. green pepper |
| 1 T. sesame seeds | 2 med. onions |
| 2 T. lemon juice | 3 sm. zucchini |
| | 1 pt. cherry tomatoes |

Combine soy sauce, salad dressing, sesame seeds, lemon juice, ground ginger and garlic powder in a jar; cover tightly and shake vigorously. Pour over all remaining ingredients and marinate in refrigerator for at least 2 hours, or more. Alternate meat and vegetables on skewers. Grill.

TURKEY MARINADE

Kim Ammons

- | | |
|---------------------|------------------------|
| 1 C. dry white wine | 2 tsp. Accent |
| 1 C. peanut oil | 1/2 tsp. garlic powder |
| 1/2 C. soy sauce | 1/4 stick butter |
| 2 tsp. garlic salt | |

Mix all ingredients and marinate turkey 24 to 48 hours. Cook 6" from hot fire on grill for 20 to 30 minutes and no longer. To test, cut through meat and when white and solid it is done.

Use turkey fillets for this recipe.

- Seafood -

ALLEN'S FISH

Hannah Warren

- | | |
|---------------------------|------------------------------------|
| Flounder or trout fillets | Lemon juice |
| Butter or margarine | Dry white wine (Chablis, Sauterne) |

Put fillets in shallow baking dish. Salt and pour lemon juice over them. Dot generously with butter. Run under broiler until butter melts. (Also sprinkle with paprika.) Pour wine over fish. Baste with pan juices. Bake at 300° for 20 minutes, basting several times. Cook longer if you like fish on "dry" side.

FISH AND POTATOES

Frances Gibson McNeill

4 potatoes, thinly sliced
1 med. onion, thinly sliced
4 to 6 flounder fillets
4 T. butter or margarine

Salt and pepper, to taste
2 T. margarine or oil
Parsley flakes

Melt oil in margarine in flat oven-proof dish. Cover with sliced potatoes. Add sliced onion, salt and pepper. Cover potatoes and onion layer with fish. Dot with butter or margarine; add salt, pepper and parsley flakes. Add boiling water to depth of 1/4". Cover and bake in preheated 400° oven for 15 minutes. Uncover and continue baking 15 to 25 minutes until potatoes are tender and lightly browned around edges. Serves 4.

Serve with slaw, tossed salad or green vegetables.

HANGTOWN FRY

Jo McGugan

1/2 pt. shucked Select oysters
6 eggs
1/4 C. all-purpose flour
2/3 C. dried bread crumbs (use
3 to 4 slices white loaf bread)

4 slices bacon
1/2 tsp. salt
Dash pepper

About 35 minutes before serving: Drain oysters; pat dry with paper towels. In small bowl, with fork, beat 1 egg. In another bowl place flour. On sheet of wax paper, sprinkle 1/2 of bread crumbs. Roll each oyster in flour to coat well. Then dip each oyster into egg and place, in single layers, on bread crumbs. Sprinkle oysters with remaining crumbs, coat well and set aside. In medium skillet, over medium heat, fry bacon until crisp. Remove bacon and drain on paper towels. To drippings in skillet, add oysters in single layer. Cook about 5 minutes or until oysters are golden, turning once. Meanwhile, in medium bowl, crumble bacon. Add eggs, 2 tablespoons water, salt and pepper; beat with fork. When oysters are golden, reduce heat to low. Pour egg mixture over oysters; cook until mixture is set around edges. With spatula, gently lift edges as they set, tilting skillet to allow uncooked egg mixture to run under omelet. Cook until egg mixture is set but still moist on surface.

To serve, cut in wedges (that's what the recipe says). Willie and I cut it in half, and enjoyed it with a salad.

SHRIMP CREOLE

Joyce Bounds

Fresh tomatoes, cut up
1 stick margarine
Bell peppers, cut up
Onions, cut up
Celery, cut up
Salt

Pepper
Tabasco
Oregano
Chili powder
Shrimp

Cut up tomatoes and get hot before adding the sauteed vegetables. Saute bell peppers, onions and celery in margarine. Add to hot tomatoes. Add seasonings. Let come to a boil and simmer. Add cooked shrimp. Serve over rice.

Sauce can be frozen before adding shrimp.



Salads



ALOHA CHICKEN SALAD

Sarah Watson

- | | |
|----------------------------|---|
| 1 C. mayonnaise | 1 lb. green grapes, halved |
| 1 C. whipped topping | 22 oz. Mandarin orange sections,
drained |
| 4 C. cooked chicken, diced | |
| 2 C. celery, diced | 3/4 C. almonds, toasted |

Combine mayonnaise and whipped topping. Blend and toss with other ingredients.

HOT CHICKEN SALAD

Betty McConnaughey

- | | |
|--|----------------------------------|
| 2 boned chicken breasts,
cooked and cubed | 1 tsp. lemon juice |
| 1 can cream of chicken soup | 1/2 tsp. salt |
| 3/4 C. Hellmann's mayonnaise | 1 sm. can sliced water chestnuts |
| 1 C. diced celery, cooked until tender | 1 C. crushed corn flakes |
| 1 tsp. grated onion | 1/2 stick butter |
| 1 C. cooked rice | 1/2 C. slivered almonds |

Mix first 9 ingredients and put in a greased casserole dish. Top with the last ingredients, mixing corn flakes with butter and sprinkling nuts on top. Bake for 25 minutes at 350° or until bubbly.

CORNEB BEEF SALAD

Frances Brock

- | | |
|------------------------------|-------------------------------|
| 1 3-oz. pkg. lemon Jell-O | 1/2 C. onion, chopped fine |
| 1 C. boiling water | 1/2 C. olives, chopped |
| 1 (10 1/2-oz.) can consomme | 1/2 C. cucumber, chopped fine |
| 1 C. mayonnaise | 1 12-oz. can corneb beef |
| 1 C. diced celery | 3 hard-boiled eggs |
| 1/2 C. green pepper, chopped | |

Dissolve gelatin in hot water. Add consomme when gelatin is partially cooled. Add mayonnaise and the rest of the ingredients. Pour into 2-quart mold. Refrigerate overnight. Unmold to serve.

HAM AND RICE SALAD

Frances Brock

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|--|--------------------------------------|
| 4 C. cool, cooked long-grain white rice
(1 1/3 C. raw) | 1 sm. can whole-kernel corn, drained |
| 12 oz. fully-cooked ham, cut in
1/2" cubes (about 2 1/3 C.) | 1/2 C. vegetable oil |
| 1/2 C. chopped red onion | 1/4 C. lemon juice |
| 1 med.-size green bell pepper, diced | 2 tsp. Dijon mustard |
| 1 med.-size red bell pepper, diced | 1 tsp. minced garlic |
| 1 C. tiny green frozen peas, thawed | 1 tsp. salt |
| | Pepper, to taste |

Mix rice, ham, onion, green and red peppers, corn and peas in a large bowl. Whisk oil, lemon juice, mustard, garlic, salt and pepper in a small bowl. Pour over rice mixture; toss well to coat and mix. Cover and refrigerate 3 hours or overnight, stirring occasionally. Before serving, taste salad and add more seasoning if desired.

SHRIMP CHILI MOLD

Frances Gibson McNeill

- | | |
|----------------------|----------------------|
| 1 env. plain gelatin | Pinch pepper |
| 1/4 C. cold water | 1 T. sugar |
| 1 C. hot water | 2 T. chili sauce |
| 1/2 tsp. salt | 1/3 C. pickle relish |
| 1/4 C. lemon juice | 1 C. cooked shrimp |

Soften gelatin in cold water, dissolve in hot water. Add salt, pepper, lemon juice, sugar and chili sauce. Allow to cool and when mixture begins to thicken, fold in the pickle relish and shrimp. Serve on lettuce with tart mayonnaise.

This is a delicious hot-weather salad.

PASTA SALAD

Vista Robertson

- | | |
|--------------------------------|-------------------------------------|
| 1 lb. thin spaghetti | 2 cucumbers, chopped small |
| 2 tomatoes, chopped small | 3/4 lg. bot. Italian salad dressing |
| 2 green peppers, chopped small | 1/2 bot. Sauer's salad delight* |

*Make sure first ingredient is cheese, not salt. You may use Reece's Cheesening Spice.

Cook spaghetti and drain. Add vegetables, salad dressing and salad delight. Chill. Serves 10.

- Fruit Salads -

CHERRY SALAD

Betty McConnaughey

- | | |
|--|---|
| 1 can sour cherries | 1 sm. can crushed pineapple |
| 1 scant C. sugar | 2 oranges, sections, juice and
grated rind |
| 1 pkg. cherry Jell-O | 1/3 C. chopped pecans |
| 1 env. plain gelatin, dissolved in
1/2 C. water | |

Boil together cherries and sugar. Add Jell-O and gelatin dissolved in water. Cool, then add all remaining ingredients. Chill. Serves 8.

EASY CHERRY SALAD

Frances Brock

- | | |
|--|------------------------------|
| 1 can Eagle Brand condensed milk | 1 8-oz. pkg. Cool Whip |
| 1 can cherry pie filling | 1 C. chopped nuts (optional) |
| 1 lg. can crushed pineapple, undrained | |

Mix all ingredients with spoon. Pour in bowl. Refrigerate overnight.

CONGEALED SALAD

*Kathleen Lowman Graham**

- | | |
|---------------------|----------------------------|
| 1 C. boiling water | 1/2 pt. heavy mayonnaise |
| 1 pkg. lemon Jell-O | 1 lg. can sliced pineapple |
| 1 env. Knox gelatin | 1 lg. can apricots |
| 1/2 pt. cream | Nuts, if desired |

Dissolve Jell-O and Knox gelatin in boiling water. Let stand until lukewarm. Cut apricots and pineapple into pieces. Let stand in colander to drain. Whip cream. Add mayonnaise. Pour Jell-O slowly into this, beating constantly. Add fruit and nuts.

*Via Carolyn Graham McLean.

CRANBERRY SALAD

Katherine White

- | | |
|----------------------------------|------------------------------|
| 2 3-oz. pkg. cherry Jell-O | 1 #2 can crushed pineapple |
| 2 C. boiling water | 1 C. chopped nuts |
| 1 C. whole berry cranberry sauce | Mayonnaise or salad dressing |

Combine Jell-O with boiling water; cool. Add cranberries, pineapple and nuts. Put mayonnaise or salad dressing on top of salad.

FROSTED FRUIT SALAD

Vista Robertson

- | | |
|--|--------------------------------------|
| 1 3-oz. pkg. lime Jell-O | 1/4 C. sugar |
| 1 C. boiling water | 1 T. flour |
| 1 7-oz. bot. lemon-lime carbonated
drink (about 1 C.) (7-Up or
Mountain Dew) | 1 egg, slightly beaten |
| 1 (8 1/4-oz.) can crushed pineapple | 1/2 C. whipping cream |
| 1 lg. (or 2 small) bananas | Approx. 1/2 C. shredded sharp cheese |
| | 2 T. grated Parmesan cheese |

Dissolve gelatin in boiling water; cool. Add carbonated drink. Chill until partially set. Drain pineapple, reserving syrup. Fold drained pineapple and bananas into the gelatin mixture. Turn into 8x8x2" dish or pan. Chill until firm. Combine sugar, flour, pineapple syrup and slightly beaten egg in saucepan. Cook and stir over low heat until thickened. Chill. Whip cream; fold into egg mixture. Spread over Jell-O mixture. Sprinkle with cheeses. To serve, cut into squares. Serves 6 to 8.

Note: Instead of whipped cream, I substitute whipped topping (Cool Whip). Not as rich or as fattening.

GRAPE JELL-O SALAD

Shirley Wicker

- | | |
|-------------------------|-----------------------------|
| 2 sm. pkg. grape Jell-O | 1 sm. can crushed pineapple |
| 2 C. hot water | |

Mix all ingredients and congeal.

Topping:

- | | |
|--------------------|----------------|
| 1 C. sour cream | 1/2 C. sugar |
| 8 oz. cream cheese | 1 tsp. vanilla |

Combine all ingredients and top congealed salad.

LIME PUFF SALAD

Vista Robertson

- | | |
|-----------------------------|------------------------------|
| 1 3-oz. pkg. lime Jell-O | 1 9-oz. ctn. whipped topping |
| 1 9-oz. ctn. cottage cheese | 1 sm. can crushed pineapple |
| 1 C. miniature marshmallows | |

Stir Jell-O into cottage cheese. Add pineapple, marshmallows and fold in whipped topping. Chill.

Lime salad is pretty served with cantaloupe. Peach Jell-O may be used and garnished with peach slices.

RASPBERRY CAROUSEL

Betty Ammons

1 3-oz. pkg. raspberry Jell-O
2 C. boiling water
3/4 C. cranberry juice cocktail
1 C. diced apples
1/4 C. diced celery

1/4 C. chopped walnuts
1 3-oz. pkg. lemon Jell-O
1 (4 1/2-oz.) ctn. Cool Whip, thawed
1/2 C. Kraft real mayonnaise

Dissolve raspberry Jell-O in 1 cup boiling water. Add cranberry juice cocktail and chill until thickened, about 1 hour. Fold in apples, celery and nuts. Spoon into a 6-cup ring mold and chill until set, about 15 minutes. Dissolve lemon Jell-O in remaining boiling water (1 cup). Chill until slightly thickened, about 45 minutes. Combine whipped topping (Cool Whip) and mayonnaise; fold into gelatin. Spoon into mold. Chill until firm, about 4 hours. Unmold. Garnish with crisp salad greens and apples, if desired.

RIBBON SALAD

Mildred Shook

Green:

1 pkg. lime Jell-O
1 C. hot water

1 C. cold water
1 1/2 C. fruit cocktail, drained

Combine ingredients and let congeal.

White:

1 pkg. lemon Jell-O
1 C. hot water
1 lg. pkg. cream cheese

1/2 C. juice, drained from
fruit cocktail
Juice of 1 lemon
1 C. nuts

Combine all ingredients; let cool. Pour over green congealed layer and let congeal.

Red:

1 pkg. cherry Jell-O
1 C. hot water

1 C. cool water
Sm. jar red cherries, drained

Combine all ingredients; let cool. Pour over white congealed layer and let congeal.

*When pleasure to the eye
and palate meet,
The cook has rendered his
great work complete.*

ROSEY STRAWBERRY SALAD

Sarah Watson

1 lg. can crushed pineapple
1 lg. pkg. strawberry Jell-O
1 C. buttermilk

1 lg. ctn. Cool Whip
Fresh strawberries or
ctn. frozen, sliced

Heat Jell-O and pineapple until Jell-O melts. Cool. Add buttermilk and Cool Whip. Congeal slightly in refrigerator. Add fresh or frozen sliced strawberries. Congeal completely before adding Topping.

Topping:

1 C. sour cream
2 T. mayonnaise

Approx. 1/2 C. powdered sugar

Combine ingredients.

STRAWBERRY PRETZEL SALAD

Alice Collins

2 C. crushed pretzels
3/4 C. melted margarine

3 T. sugar

Combine ingredients and press in 9x13" pan. Bake at 350° for 10 minutes and cool.

1 8-oz. pkg. cream cheese, softened
3/4 C. 4X sugar
9 oz. Cool Whip
1 lg. pkg. strawberry Jell-O

3 C. water (1 1/2 C. hot, 1 1/2 C. cold)
2 pt. strawberries, frozen
(partially thawed)

Cream the cream cheese with powdered sugar and Cool Whip. Spread on crust and refrigerate. Mix together strawberry Jell-O, water (hot and cold) and strawberries. Let Jell-O slightly thicken and pour over cream cheese layer. Keep in refrigerator.

TUTTI FRUITY SALAD

Frances S. McNeill

1 can Mandarin oranges
1 reg.-size can fruit cocktail
1 can pineapple tidbits (or 1 flat can
crushed pineapple)

1 pkg. instant lemon pudding mix
Juice of 1 lemon

Mix altogether (juice, too). Add sliced bananas right before serving. Top with Cool Whip and cherry. Can add nuts or coconut, if desired.

- Vegetable Salads -

ASPARAGUS SALAD

Anne McQueen

- | | |
|--------------------------------------|-----------------------------|
| 1/2 C. white vinegar | 1 sm. can pimiento, chopped |
| 1 C. water | 1 C. celery, diced |
| 1 C. sugar | 1/2 C. pecans, chopped |
| 1/2 tsp. salt | 1 tsp. grated onion |
| 2 pkg. Knox gelatin | Juice of 1/2 lemon |
| 1 can asparagus, drained and chopped | |

Bring to boil vinegar, water, sugar and salt. Mix the gelatin in 1/2 cup of cold water and add to the hot mixture. When mixture begins to set, add the remaining ingredients. Chill until firm in individual molds.

MARINATED BEAN SALAD

Jane Thrower

- | | |
|-----------------|--------------------------------------|
| 1 C. sugar | 1 bell pepper |
| 3/4 C. vinegar | 1 #2 can small butter beans |
| 3/4 C. corn oil | 1 #2 can English peas |
| 1 lg. onion | 1 #2 can julienne-style string beans |

Mix sugar, vinegar and oil. Thinly slice onion and bell pepper and add to vinegar mixture. Drain beans well and add to mixture. Refrigerate 8 hours before using. Keeps several weeks in covered container.

BROCCOLI SALAD

Sarah Watson

- | | |
|---|------------------------------------|
| 1 bunch broccoli, diced tender stalks and florets | 1/2 C. raisins |
| 1 med. purple onion, chopped | 6 slices bacon, crisp and crumbled |
| | 1/4 C. sunflower kernels |

Combine all ingredients. Add Dressing and serve.

Dressing:

- | | |
|--------------|-------------------|
| 2 T. vinegar | 1/2 C. mayonnaise |
| 2 T. sugar | |

Combine all ingredients.

PHYLLIS' MARINATED SLAW

Phyllis Hall

- | | |
|--------------------------|--------------------------------|
| 1 head cabbage, shredded | 3/4 C. sugar |
| 2 onions, chopped | 1 or 2 tsp. celery seed |
| 1 bell pepper, chopped | 1 or 2 tsp. salt |
| 3/4 C. vegetable oil | Pepper and any other seasoning |
| 3/4 C. white vinegar | |

Combine first 3 ingredients in bowl. Combine all remaining ingredients and heat until boiling. Pour over vegetables. After cool, cover and refrigerate.

Will keep 2 weeks or more.

JELLIED CHEESE SALAD

Frances Gibson McNeill

- | | |
|--|-----------------------------|
| 1 canned pimiento pepper,
chopped, or use small size-jar
already chopped | 1 C. mayonnaise |
| 1/2 C. nutmeats | 2 T. lemon juice |
| 1/2 C. chopped green pepper | 2 env. Knox plain gelatin |
| 1/2 C. chopped stuffed olives | 1/2 C. cold water |
| 1/2 lb. Cheddar cheese, grated | 2 tsp. Worcestershire sauce |
| | 1 C. cream, whipped |

Mix pimiento, nuts, green pepper, olives, cheese, mayonnaise and lemon juice. Add gelatin soaked in cold water and dissolved over hot water. Add Worcestershire sauce, fold in whipped cream, season with salt and pepper and pour into bread pan mold, or individual molds. Chill and slice.

This is rich and delicious.

LAYERED SALAD

Frances Brock

- | | |
|---|--|
| 1/2 head lettuce, shredded | 5 ribs celery, chopped fine |
| 1 sm. can peas, drained | Parmesan cheese or sharp |
| 1 pt. mayonnaise | Cheddar cheese, for topping |
| 1 sm. onion, sliced and
separated into rings | Crumbled bacon, for topping (optional) |

Put all ingredients in 2-quart casserole dish in order listed. Chill overnight.

SOUR CREAM POTATO SALAD

Frances Brock

- | | |
|---|--------------------------------|
| 7 med. potatoes, diced and cooked
about 10 minutes | 1/3 C. chopped green onion |
| 1/3 C. Italian dressing | 1 C. mayonnaise |
| 3/4 C. chopped celery | 1/2 C. sour cream |
| | 1 1/2 tsp. horseradish mustard |

Pour dressing over warm potatoes. Chill 2 hours. Add celery and onion. Mix mayonnaise, sour cream and mustard. Fold into salad. Add salt and celery seed to taste. Chill at least 2 hours. Serves 8 to 10.

SPINACH SALAD

Kay McGugan

- | | |
|---|---|
| 1 bag fresh spinach, wash and
remove large stems | 4 boiled eggs, sliced |
| 4 to 6 slices cooked bacon, crumbled | Fresh mushrooms (optional) |
| 2 med. onions, diced | Ranch house dressing or
Greg's French dressing |

Combine all ingredients. Add dressing just before serving. Serves 8 to 12.

Greg's French Dressing:

- | | |
|---------------------------|---------------------|
| 1 can tomato soup | 1 T. garlic salt |
| 1 C. salad oil | 1 tsp. salt |
| 1 T. black pepper | 1/2 C. sugar |
| 1 T. Worcestershire sauce | 1/2 C. wine vinegar |
| 1 T. ground mustard | |

Add all ingredients in order. Shake and refrigerate.

SPINACH SALAD

Sarah Watson

- | | |
|--|-------------------------|
| 1 lb. fresh spinach | 2 ripe avocados, sliced |
| 11 oz. Mandarin orange slices, drained | 1/2 C. slivered almonds |

Carefully and thoroughly wash and dry spinach. Tear into bite-sized pieces. Add other ingredients, making sure that spinach predominates. Mix gently, being careful with avocado. Immediately before serving, add Dressing. Serve on chilled plates. Yield: 6 to 8 servings.

Dressing:

- | | |
|---------------------------|----------------------|
| 1 C. salad oil | 1 T. vinegar |
| 1/4 C. fresh orange juice | 1 tsp. salt |
| 2 1/2 T. lemon juice | 1 tsp. paprika |
| 1/4 C. sugar | 1 tsp. onion, grated |

Combine ingredients in a jar. Cover; shake vigorously. Yield: Approximately 1 3/4 cups.

STRAWBERRY SPINACH SALAD

Kim Ammons

1 lb. fresh spinach
1 pt. fresh strawberries,
 halved and sliced
1/2 C. walnut pieces, for garnish

1/2 C. crumbled blue cheese,
 for garnish
Poppy Seed Dressing

Wash and spin dry spinach; remove stems and tear into bite-size pieces. In salad bowl, combine spinach and strawberries. Add walnut pieces and/or blue cheese for garnish. Toss with Poppy Seed Dressing just before serving. Store remaining Dressing in refrigerator.

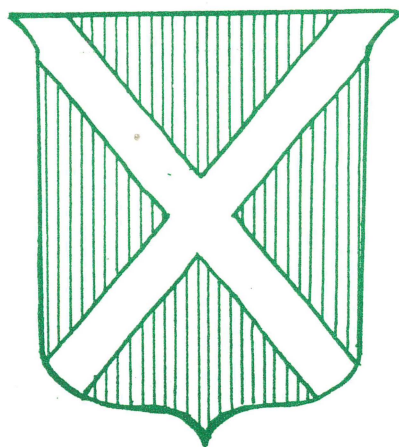
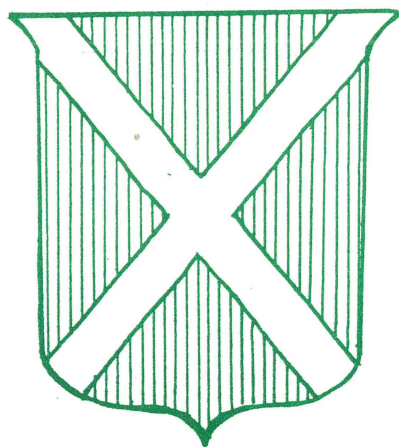
Poppy Seed Dressing:

1/2 C. sugar
2 T. sesame seeds
1 T. poppy seeds
1 1/2 tsp. minced onion

1/4 tsp. Worcestershire sauce
1/4 tsp. paprika
1/4 C. cider vinegar
1/2 C. vegetable oil

Mix together sugar, sesame seed, poppy seeds, onion, Worcestershire sauce, paprika and vinegar in pint jar. Shake well until sugar is dissolved; add oil and shake again. Refrigerate for 1 hour or more.

Vegetables



CALICO BEANS

Vista Robertson

1/4 lb. bacon, diced up
1 lb. lean ground beef
1 pkg. dry onion soup
1/2 C. brown sugar
1/2 C. catsup
2 T. vinegar

1 T. prepared mustard
Salt, to taste
1 10-oz. can lima beans
1 10-oz. can kidney beans
1 lg. can pork and beans (3 to 4 C.)

Brown bacon and beef; drain. Add all ingredients into a baking dish, bake covered for 1½ hours at 300°. Serves 12.

GREEN BEAN CASSEROLE

Sarah Watson

2 T. butter
3 T. flour
1 tsp. salt
2 tsp. sugar

4 tsp. onion, grated
1 pt. sour cream
8 oz. Swiss cheese, grated

Preheat oven to 350°. Melt butter in saucepan and stir in remaining ingredients. Pour sauce over 2 packages or 20 ounces green beans. Mix and place in casserole dish. Top with crushed corn flakes and 2 tablespoons butter. Bake for 25 to 30 minutes at 350°.

SWISS GREEN BEANS

Vista Robertson

2 12-oz. cans French green beans,
well drained
3 T. butter, melted
1 C. crisp cereal (Special K)
1/4 tsp. paprika
2 T. flour

1/8 tsp. pepper
1/2 tsp. salt
1 T. chopped onion
1 C. sour cream
1/4 C. milk
1 C. Swiss cheese, shredded

Combine 1 tablespoon melted butter, cereal and paprika and set aside. Stir together and make a white sauce of 2 tablespoons melted butter, flour, salt, pepper, onion, milk and sour cream. Mix together the beans, cheese and sauce. Pour into baking dish. Top with cereal mixture. Bake at 350° for 25 minutes or until bubbly.

BROCCOLI CASSEROLE

*Annie H. McEachern**

2 pkg. frozen chopped broccoli
1 C. grated sharp cheese
1 can mushroom soup, undiluted

1 med.-size onion, chopped
2 eggs, well beaten
1 C. mayonnaise

Cook broccoli and drain. Add all ingredients. Top with (blue package) Pepperidge Farm stuffing mix. Bake at 350° for 35 minutes. Serves 12.

*Via Jean M. Ammons.

BROCCOLI RICE CASSEROLE

Sarah Watson

- | | |
|---|---------------------------------|
| 1 med. onion, chopped | 1 can condensed cream of |
| 1/4 C. chopped celery | chicken soup |
| 1/2 stick butter or margarine | 8 oz. Cheez Whiz |
| 1 10-oz. pkg. frozen, chopped broccoli | Pepper, to taste |
| 2 1/2 C. cooked rice (1 C. uncooked) | |

Saute onion and celery in butter until tender. Add broccoli, rice and all other ingredients. Pour into 1½-quart greased baking dish. Bake at 350° until bubbly, about 30 minutes. Serves 8.

Best when prepared a day ahead. May be frozen.

GOLDENAISSÉ BROCCOLI

Katherine White

Hard-boil 3 eggs (grate on grater). Cook 2 packages broccoli according to directions. Combine in a small bowl: 1/2 cup mayonnaise, 1 teaspoon onion juice, 1 teaspoon lemon juice and 1/2 teaspoon thyme. Mix well. Spoon this sauce over cooked broccoli and cover with grated eggs. Serves 8 to 10.

CABBAGE CASSEROLE

Vista Robertson

- | | |
|------------------------------------|-------------------------------------|
| 1 med. cabbage, shred and | Buttered cracker crumbs or |
| boil 2 minutes | seasoned stuffing mix |
| 1 sm. jar pimiento, chopped | 1 sm. pkg. slivered almonds |
| 1 C. grated cheese | 1 can cream of mushroom soup |
| | Pepper, to taste |

Drain cabbage and mix with other ingredients. Place in greased casserole dish. Cover with cracker crumbs. Bake at 375° for 30 minutes. Serves 8 to 10.

EASY CABBAGE CASSEROLE

Dare Johnson

- | | |
|--------------------------------------|------------------------------------|
| 1 sm. head cabbage | 8 oz. grated Cheddar cheese |
| 1 can mushroom or celery soup | |

Steam fresh cabbage until tender. Layer all ingredients in the order listed, making 2 complete layers in casserole dish. Bake at 350° until heated through and bubbling.

STEAMED CABBAGE

*Henrietta E. Torry**

Cut cabbage as fine as you can. Wash and let stand in cold water. Put grease in bottom of frying pan or pot; heat. Shake water from cabbage and put in hot grease. Get good and hot. Stir to mix in grease. Reduce to medium heat. Don't add more water. Don't cook on low.

*Via Jean M. Ammons.

STIR-FRY CABBAGE

Carolyn G. McLean

1 T. plus 1 tsp. reduced-calorie
margarine (tub)
2/3 C. diagonally sliced celery
2 C. shredded green cabbage

1/2 C. chopped red or
green bell pepper
1/3 C. chopped onion
1 T. plus 1 tsp. soy sauce
Dash pepper, or to taste

In 10" non-stick skillet, heat margarine over high heat until bubbly and hot; add celery and cook, stirring quickly and frequently, for 1 minute. Add cabbage, bell pepper and onion and continue to stir-fry until vegetables are tender-crisp, 2 to 3 minutes; add soy sauce and pepper, stir well, and cook for 1 minute longer. Makes 4 servings.

Weight Watcher's favorite recipes.

HONEY CREAM CARROTS

Vista Robertson

1 1-lb. can Stokely's finest sliced
carrots (or slice and
cook your own)
1 T. butter or margarine

1/8 tsp. ginger, or to taste
1/4 C. honey
1/4 C. dairy sour cream
2 T. slivered almonds

Drain carrots. Melt butter or margarine in saucepan and blend in ginger. Add carrots, honey and sour cream. Cook over low heat, stirring gently until carrots are heated. Fold in almonds and serve.

CAULIFLOWER CASSEROLE

Phyllis Hall

1 cauliflower
1 can cream of shrimp soup
1 sm. ctn. sour cream
4 slices toast, crumbled

Margarine
Salt and pepper
Little Greek seasoning or
Lawry's seasoned salt

Boil cauliflower in salty water until tender (don't overcook). Mix soup and sour cream. Melt margarine (1/2 stick) and mix with bread crumbs. Butter a casserole dish. Layer cauliflower and soup and top with bread crumbs. Bake at 350° for 25 minutes or until bubbly.

EGGPLANT CASSEROLE

Jean McRae Ammons

- | | |
|---|---------------------------|
| 1 eggplant | 1 bell pepper, sliced |
| 1 egg or more (depending on size of eggplant), beaten | 1 onion, sliced |
| Cornmeal | Parmesan cheese |
| 1 16-oz. can tomatoes (or 29-oz. can if lg. eggplant), reserve liquor | Dash Lawry's salt |
| | Dash pepper |
| | 2 T. Worcestershire sauce |

Slice eggplant no thicker than 1/4". Place slice in cornmeal, then egg, then again in cornmeal. Fry until brown, turning once. Place layer of fried eggplant in dish. Cover with tomatoes, onion and bell pepper. Sprinkle Parmesan cheese, salt and pepper over. Repeat. Put extra eggplant on top. Pour tomato liquor and Worcestershire sauce over casserole until moist. Bake for 40 to 45 minutes at 350°. Serves 8.

GRITS CASSEROLE

Gale Lewis

- | | |
|------------------------|-------------------------------|
| 6 C. water | 1 tsp. seasoned salt |
| 1 1/2 C. quick grits | 2 to 3 drops hot pepper sauce |
| 1 tsp. salt | 3 beaten eggs, add milk |
| 1 stick margarine | to make 1 1/2 C. |
| 1 lb. processed cheese | |

Put water, grits and salt in pot and cook, following directions on package. Remove from heat and add margarine, cheese, seasoned salt and hot pepper sauce. Cool and add the beaten eggs with milk. Mix all ingredients and pour in greased 3-quart casserole dish. Bake 1 hour at 375°. Makes 16 to 20 servings.

POTATO CASSEROLE

Sarah Watson

- | | |
|---|--------------------------------------|
| 1 pkg. frozen hash brown potatoes, thawed (can use shoestring French-fries) | 1 8-oz. ctn. sour cream |
| 1 can cream of chicken soup (can use mushroom soup) | 1 stick melted butter |
| | 1 onion, chopped fine |
| | 1 pkg. Colby Longhorn cheese, grated |
| | Corn flakes, crushed |

Grease a 9x13" dish with butter. Mix all ingredients reserving enough melted butter to mix with crushed corn flakes to put on top of casserole. Pour mixture into Pyrex dish. Toss crushed corn flakes with remaining butter. Sprinkle over potato mixture. Bake at 350° for 45 to 60 minutes until bubbling. Serves 10 to 12.

Good for brunch, breakfast, or dinner.

HASH BROWN POTATO CASSEROLE

Vista Robertson

- | | |
|--|-----------------------------------|
| 1 2-lb. bag frozen hash brown potatoes | 8 oz. sharp grated Cheddar cheese |
| 2 cans potato soup | 1/2 tsp. garlic salt |
| 1 8-oz. ctn. sour cream | 1/2 C. Parmesan cheese |

Mix potatoes, soup, sour cream, Cheddar cheese and garlic salt together in a large mixing bowl and pour into a 2½-quart greased casserole dish or a 13x9" greased dish. Dot with butter. Sprinkle top with Parmesan cheese. Bake uncovered for 1 hour at 350°. Very good!

SOUR CREAM POTATOES

Helen Price White

- | | |
|--------------------------------------|------------------------------------|
| 8 med. potatoes | 2 8-oz. ctn. commercial sour cream |
| 1/2 C. chopped onion | 1 tsp. salt |
| 1/3 C. margarine, melted | 1/2 tsp. pepper |
| 1 C. (4-oz.) shredded Cheddar cheese | |

Scrub potatoes. Cook in boiling water until tender. Drain and cool slightly. Peel and cut into 1/2" cubes. Saute onions in margarine in small skillet until tender. Combine potatoes and onion mixture and remaining ingredients in a large bowl. Mix gently. Spoon potato mixture into lightly greased 12x8x2" baking dish. Bake at 350° for 30 minutes until bubbly. Serves 10.

SWEET POTATO SOUFFLE

Sarah Watson

- | | |
|----------------------------|--------------------------------------|
| 3 C. mashed sweet potatoes | 1/2 tsp. salt |
| 2 eggs | 1 tsp. vanilla |
| 1 C. sugar | 1/3 stick melted margarine or butter |
| 1/2 C. milk | |

Mix together and put into well-greased baking dish. Sprinkle with Topping and bake in preheated 350° oven for 30 minutes.

Topping:

- | | |
|------------------|-------------------|
| 1 C. brown sugar | 1 C. coconut |
| 1/3 stick butter | 1 C. chopped nuts |
| 1/3 C. flour | |

Put in deep, narrow bowl and chop fine.

EASY SQUASH CASSEROLE

Betty McConnaughey

2 C. cooked squash

Onion

3/4 C. Hellmann's mayonnaise

3/4 C. Parmesan cheese

1 egg, beaten

Cook squash with a little onion. Mix all ingredients and bake about 45 minutes at 350°.

POSH SQUASH

Hannah Price Warren

Slice 6 to 8 medium yellow squash and steam until well done. Pour off excess water and mash; whip 2 eggs and add to squash; add 1 cup mayonnaise, 1 medium green pepper, 1 small to medium onion, and 1 cup Parmesan cheese. Top with buttered bread crumbs. Bake at 350° for 30 minutes or until bubbly. Add salt and pepper to taste when adding mayonnaise.

SQUASH CASSEROLE

Vardell Maxwell Gibson

2 C. cooked squash, mashed

1 C. (8-oz.) sour cream

1 can Campbell's celery soup

1 egg

1/2 stick margarine

1 sm. to med. onion

2 stalks celery

Pepperidge Farm crumbs

Chop onion and celery fine. Cook in oil or margarine slowly until just transparent. Beat egg well, add squash, sour cream, celery and onions. Melt margarine in baking dish, line with crumbs, add squash mixture and bake in 350° oven for 30 to 40 minutes. Just before casserole is done, cover top with crumbs and brown.

SQUASH CASSEROLE

*Margaret McRae**

Cook 1 1/2 pounds squash with 1 medium onion until tender. Add salt and pepper to taste. Drain and mix with 1 stick margarine, 1 medium carrot, grated, 1/2 pint sour cream, 1 can cream of chicken soup, and 1 package Pepperidge Farm cornbread dressing mix. Leave out 1 cup crumbs to sprinkle on top. Bake at 350° for 20 to 30 minutes.

*Via Jean M. Ammons.

TOMATO PIE

Vista Robertson

1 baked pie shell
Tomatoes, peeled, sliced and drained
(to fit shell)
1/2 C. mayonnaise

1/2 C. Parmesan cheese
1/4 tsp. pepper
8 Ritz crackers, crumbled
2 tsp. butter

Arrange tomato slices in pie shell. Mix next 3 ingredients and spread over tomatoes. Top with crumbs and butter. Bake 20 to 25 minutes at 425°.

SCALLOPED TOMATOES

Vista Robertson

1 (#2 1/2) can tomatoes
1 sm. onion, chopped fine
1/4 C. butter
1 1/4 C. dry bread cubes

1/2 C. brown sugar
1 tsp. salt
1/8 tsp. pepper

Saute onion in butter, using an iron frying pan. Add bread cubes and sugar; cook slowly. Stir in tomatoes and seasoning. Place mixture in buttered, shallow pan and bake 45 minutes in medium oven.

Use chopped, fresh tomatoes, if available.

VEG-ALL CASSEROLE

Vista Robertson

2 cans Veg-All, drained
1 C. onion, chopped
1 C. cheese, grated
1 C. celery, sliced
1 can water chestnuts, sliced

1 can cream of chicken soup
1/2 C. mayonnaise
Salt and pepper
1/2 stick margarine
Crushed Ritz crackers or saltines

Mix all ingredients except crackers and margarine. Melt margarine, add crackers and place over vegetables in casserole dish. Bake at 325° about 30 minutes or until bubbly.

VIDALIA ONION PIE

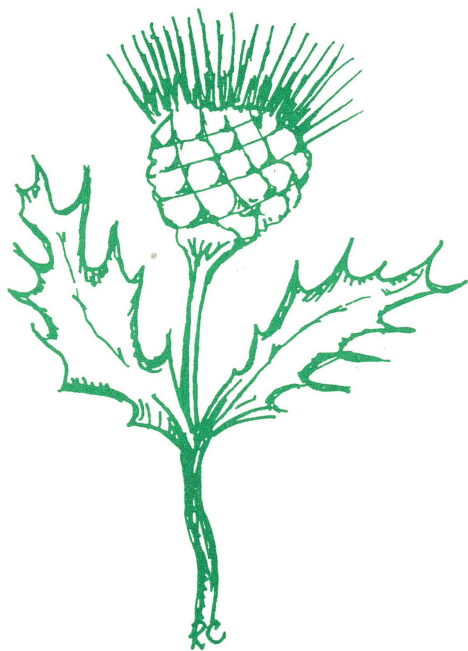
Helen White

2 med. Vidalia onions
1 C. saltines, crushed
1 stick margarine

1 can cream of chicken soup
2 eggs
1 C. shredded Cheddar cheese

Melt 1/2 stick margarine and mix with cracker crumbs. Press into pie plate or casserole dish. Melt the rest of the margarine and saute onions which have been sliced and divided into rings. When tender, place on cracker crumbs. Use 1/2 to 2/3 of soup mixed with a little milk to make 3/4 cup liquid. Add beaten eggs, salt and pepper to taste. Pour over onions. Sprinkle cheese on top and bake at 350° for 20 to 30 minutes.

Wee Cakes
&
Candies



- Wee Cakes -

SAUCEPAN SCOTCHIES

Jo McGugan

1 stick butter	1 1/2 C. sifted flour
1 1/2 C. packed brown sugar	1/4 tsp. salt
2 eggs	2 tsp. baking powder
1 tsp. vanilla	1 C. chopped nuts

Grease a 9x12" pan. Melt butter in saucepan. Remove from heat. Add sugar and blend. Add eggs, 1 at a time, beating well. Stir in vanilla, flour, salt and baking powder. Mix well. Then add nuts and stir slightly to combine. (I had about 1 cup leftover Toll House chocolate bits, so I added that, too.) Pour into greased pan and bake in moderate 325° oven about 20 minutes. When cool, cut into squares.

Freezes well.

SCOTCH SHORTBREAD

Eloise Jenkins

2 C. all-purpose flour	1/2 C. powdered sugar
2 sticks butter	

Cream butter until smooth and creamy. Gradually add sugar, creaming thoroughly. Sift flour twice. Add a little at a time, mixing quickly and lightly as too much mixing makes it tough. Chill dough 30 minutes. Place on wax paper. Pat lightly to thickness of 1/4 to 1/2". Cut into small rounds. Place on very lightly buttered baking sheet. Bake for 5 minutes at 350°. Reduce temperature to 300° and bake 20 to 30 minutes more. They should be light in color.

SCOTCH SHORTBREAD

Carolyn Graham McLean

1 lb. butter	4 C. sifted flour
1 1/2 C. sugar	

Cream butter and sugar, add flour until well blended. Press in 15x10" baking dish. Bake at 250° for 1 hour. Prick with fork before baking and sprinkle with confectioner's sugar. Cut in squares.

SCOTS SHORTBREAD

Cookbook Committee

8 oz. flour
4 oz. butter

2 oz. Caster sugar

Mix flour and sugar on board. Put butter on board and gradually work in dry ingredients, kneading well. After all ingredients are worked together, knead and press into oiled and floured mold. Remove from mold and place on tray lined with baking paper. Bake for 1 hour at 300°.

Note: Six ounces flour and 2 ounces rice flour may be used.

TEATIME TASSIES

Hannah Warren

1 3-oz. pkg. cream cheese
1/2 C. butter
1 C. sifted enriched flour
3/4 C. brown sugar
1 egg

1 T. soft butter
1 tsp. vanilla
Dash salt
2/3 C. coarsely broken pecans

Pastry: Let cream cheese and 1/2 cup butter soften to room temperature. Blend. Stir in flour. Chill about 1 hour. Shape into 2 dozen 1" balls. Place in tiny, ungreased 1 3/4" muffin cups. Press dough on bottom and sides of cups.

Filling: Beat together egg, sugar, 1 tablespoon butter, vanilla and salt just until smooth. Divide half pecans among pastry-lined cups. Add egg mixture and top with remaining pecans. Bake in slow 325° oven for 25 minutes until filling is set. Cool. Remove from pans.

APPLE STICKIES

Frances Lytch

1 C. milk
1/2 C. Crisco
1/2 C. sugar
1/2 heaping tsp. dry yeast, dissolved
in 2 tsp. warm water

2 eggs
4 1/3 C. self-rising flour*
Fresh apples

*May not use quite all. Should have sticky dough. Refrigerate overnight.

Combine milk, Crisco and sugar and heat to dissolve Crisco and sugar; cool. Add remaining ingredients. Roll out with rolling pin very thin (1/3 to 1/4"). Cut with small 1 1/2" diameter cutter. Work with only part of dough at a time. Bake in greased pan with sides. Press apple slices down into each piece of dough. (Fresh apple will cut into approximately 24 pieces.) Place about 1 teaspoon Topping on top of each roll. Squirt liquid margarine (or melted) over generously. Bake at 350° for 20 minutes.

Topping Mixture:

1/2 C. brown sugar
2 C. white sugar

2 tsp. cinnamon

Combine ingredients.

BETTY SUE'S BROWNIES

Betty McGugan Currie

- | | |
|------------------------|--------------------------------|
| 2/3 C. flour | 1/4 tsp. salt |
| 1/2 tsp. baking powder | 1 C. sugar |
| 1/2 C. butter | 1/2 C. chopped nuts |
| 2 eggs | 2 squares semi-sweet chocolate |
| 1 tsp. vanilla | |

Sift flour, salt and baking powder twice. Melt butter and chocolate over boiling water. Add sugar to eggs, beat well, then add chocolate mixture. Add flour, nuts and vanilla. Bake at 350°. Use canned milk chocolate icing. Add nuts to this.

BLONDIE BROWNIES

Sarah Watson

- | | |
|------------------------------|---|
| 1 1/2 sticks margarine | 1/2 tsp. salt |
| 1 C. brown sugar | 1 tsp. vanilla |
| 1 C. granulated sugar | 1 C. chopped nuts |
| 2 eggs, well beaten | 1 6-oz. pkg. semi-sweet
chocolate chips (mini) |
| 1 1/2 C. sifted flour, plain | |

Combine sugar and margarine in pot on stove (or double boiler). Stir well until margarine melts. Cool. Add eggs, flour, salt, vanilla and nuts. Pour into greased and floured 9x12" pan. Sprinkle with chocolate drops. Bake for 35 minutes at 325°.

BROWN SUGAR BROWNIES

Frances M. Lytch

- | | |
|----------------------|----------------------|
| 1 stick margarine | 1 C. nuts |
| 2 C. brown sugar | 1 1/2 C. plain flour |
| 2 eggs | 1 tsp. vanilla |
| 2 tsp. baking powder | |

Melt first 2 ingredients together. Add remaining ingredients. Spread into 13x9" pan and bake at 350° about 20 minutes. Cool and cut into squares.



BUTTER NUT CHEWIES

Delane Hamilton

1/2 C. butter flavor Crisco
2 eggs
2 C. firmly packed light brown sugar
1 tsp. vanilla

1 1/2 C. unsifted all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1 C. finely chopped nuts

Preheat oven to 350°. Grease 13x9x2" pan with butter flavor Crisco. Beat eggs until light and foamy in large bowl of electric mixer. Beat in sugar, vanilla and butter flavor Crisco until creamy. Combine flour with baking powder and salt. Add to egg mixture. Mix at low speed until blended. Stir in nuts at low speed (mixture will be stiff). Spread evenly in prepared pan. Bake at 350° for 25 to 30 minutes or until top is light brown. Cool 10 to 15 minutes. Cut into bars. Makes 2 dozen.

Preparation time: 20 to 25 minutes.

For these to be good, you must strum a guitar while they are baking!

BUTTERSCOTCH ORANGE SQUARES

Joyce Bounds

2/3 C. Wesson oil
1 1/2 C. brown sugar
1 C. sifted all-purpose flour
1 tsp. baking powder
1/2 tsp. salt
2 eggs

1 C. chopped nuts
1 C. jellied orange slices,
cut in tiny pieces
1 tsp. vanilla
1/2 C. dates
Pinch soda

Combine all ingredients. Bake in 9x13" pan at 350° for 30 minutes.

CHOCOLATE FUDGE CUPCAKES

Margaret May

1 3/4 C. sugar
1 C. all-purpose flour
4 eggs
4 squares semi-sweet chocolate

1 C. butter or margarine
1 1/2 C. pecans
1 tsp. vanilla

Blend sugar, flour and eggs in bowl. Do not beat. Melt chocolate and margarine. Combine with first mixture. Add vanilla and nuts and blend. Do not beat. Fill cups little less than 2/3 full. Bake at 325° for 25 to 30 minutes.

TEA CAKES

Sarah Watson

1 C. butter
2 C. sugar
3 eggs

1 tsp. vanilla
3 1/4 C. flour

Mix as listed. Chill batter several hours or overnight. Roll 1/8" thick. Cut. Bake at 350° for 10 minutes or to desired doneness.

BIRDS' NEST COOKIES

Frances S. McNeill

1/2 C. butter
1 egg yolk

1/4 C. brown sugar
1 C. flour

Cream butter and sugar. Add eggs and flour. Form small balls, dip in egg white and roll in crushed nuts. Press thumb in center of each ball almost to bottom. Cook on greased cookie sheet in 350° oven for 8 minutes, take out and press again. Bake 10 minutes longer. Cool and fill with any jelly desired.

CHOCOLATE CHIP COOKIES

Alice Collins

1 pkg. Duncan Hines
deluxe white cake mix
1/2 C. cooking oil
2 T. water

2 eggs
8 oz. semi-sweet chocolate chips
1/2 C. nuts

Mix well and use teaspoon to drop. Bake at 350° for 10 to 12 minutes (ungreased sheet). The top will look pale.

CHOCOLATE CHIP COOKIES

Lyn Jones' Grandmother

2 C. brown (dark) sugar, pressed firm
1 C. white sugar
2 C. melted Crisco or margarine
(use Crisco)
4 eggs, slightly beaten
2 tsp. vanilla

4 1/2 C. sifted flour
2 tsp. salt
1 1/2 tsp. soda
1 12-oz. pkg. Nestles' semi-sweet
chocolate chips

Combine sugars and Crisco and melt. Add vanilla and eggs (be sure mixture has cooled or eggs will cook). Measure flour, salt and soda and sift. Add to Crisco mixture. Dough will be stiff. Lastly, add chocolate chips. Cook at 375° for 8 to 10 minutes on lightly greased cookie sheet. This recipe will make about 14 dozen cookies.

Divide dough. Freeze until needed.

DATE COOKIES

Alice Collins

1 pkg. chopped dates
1 C. white granulated sugar
1/2 C. water
3 eggs
2 C. brown sugar

1 C. shortening (1/2 C. butter,
1/2 C. shortening)
1 tsp. salt
1 tsp. soda
4 C. plain flour

Cook dates, white sugar and water to a paste; cool. Cream sugar and shortening. Add eggs. Add remaining ingredients. Drop by teaspoon onto cookie sheet. Make impression and fill with date paste. Bake at 375° for 10 minutes.

PARTY COOKIES

Lucy McManus

1 C. shortening
1 C. firmly packed brown sugar
1/2 C. granulated sugar
2 tsp. vanilla
2 eggs

2 1/4 C. sifted all-purpose flour
1 tsp. baking soda
1 tsp. salt
1 1/2 C. M&M's plain
chocolate candies

Blend shortening, and brown and granulated sugars in a large bowl. Beat in vanilla and eggs. Sift remaining dry ingredients together; add to sugar-egg mixture, blending well. Stir in 1/2 cup of candies (reserve remaining candies for decorating). Drop from teaspoon on ungreased cookie sheet; decorate tops with remaining candies. Bake in moderate 375° oven 10 minutes or until golden brown. Remove cookies with spatula to wire racks; cool completely. After baking, some candies may be cracked (that's o.k.).

FRENCH LACE COOKIES

Sarah Watson

1/2 C. butter
1 C. sugar (1/2 white, 1/2 brown)
1/2 tsp. salt
1 C. oatmeal
1 egg

1/4 tsp. baking powder
3 T. flour
1 tsp. vanilla
1/4 C. flaked coconut

In a 3-quart saucepan, melt butter. Remove from heat and add all remaining ingredients. Batter will be runny. Cover cookie sheets with foil. Drop batter by teaspoonfuls at least 3" apart on cookie sheet. Bake in preheated 350° F. oven for 6 to 8 minutes. Remove from oven and leave on foil until cool. Peel off foil.

CHRISTMAS FRUIT COOKIES

Mary Ormsby

1 C. shortening
2 C. brown sugar
2 eggs
1/2 C. buttermilk
3 1/2 C. flour

1 tsp. salt
1 tsp. soda
1 1/2 C. broken nuts
2 C. candied cherries
2 C. chopped dates

Mix sugar, salt, and eggs. Stir in buttermilk. Sift dry ingredients together. Stir in pecans, cherries and dates. Combine mixtures and mix well. Bake in 325° oven for 25 to 30 minutes, according to size.

Keeps well and ships well.

FRUITCAKE COOKIES

Sarah Watson

1 lb. glazed pineapple slices, diced
1/2 lb. candied cherries
1 lb. white raisins
6 C. chopped pecans
1/2 C. whiskey
3 T. buttermilk

1 C. brown sugar
4 eggs
3 C. enriched plain flour
1 tsp. soda
1 tsp. vanilla
1/4 lb. margarine

Dredge fruits and nuts in 1 cup flour. Cream butter, sugar and eggs well. Add flour sifted with soda. Add buttermilk, vanilla, whiskey and mix well. Add nuts and fruits. Mix well and chill. Drop by teaspoon on greased cookie sheet. Bake for 15 minutes at 350°.

For 150 Cookies:

3 lb. glazed pineapple slices, diced
1 1/2 lb. candied cherries
3 bx. white raisins
18 C. chopped pecans
1 1/2 C. whiskey
9 T. buttermilk

3 C. brown sugar
12 eggs
9 C. enriched plain flour
3 tsp. soda
3 tsp. vanilla
3/4 lb. margarine

"LIZZIES" FRUIT COOKIES

Betty McClelland

3 C. seedless raisins
1/2 C. bourbon
1 1/2 C. sifted all-purpose flour
1 1/2 tsp. baking soda
1 1/2 tsp. ground cinnamon
1/2 tsp. nutmeg
1/2 tsp. cloves
1/4 C. soft butter or margarine

1/2 C. packed light brown sugar or
2/3 C. plus 2 T. granulated
brown sugar
2 eggs
1 lb. (4 C.) pecan halves
1/2 lb. citron, diced (1 1/4 C.)
(I use pineapple)
1 lb. whole candied cherries,
cut in smaller pieces

Put raisins in bowl. Add bourbon. Mix well. Let stand 1 hour. Sift together flour, soda, cinnamon, nutmeg and cloves into bowl and reserve. Put soft (not runny or whipped) butter or margarine in large bowl of electric mixer. Add brown sugar and eggs. Beat with mixer or wooden spoon until mixture is light and fluffy. Beat in flour mixture with mixer or spoon blending until smooth. Stir in raisins (do not drain), pecan halves, citron and cherries. Drop by teaspoon onto greased cookie sheet. Bake in slow 325° oven about 15 minutes or until firm. Cool on wire racks. Makes 7 to 8 dozen.

To store: Put in airtight containers. Can be frozen.

NUTTY FINGERS

Judy McPhaul

- | | |
|--|----------------|
| 2 C. cake flour | 3/4 C. butter |
| 4 T. confectioner's sugar | 2 tsp. vanilla |
| 1 C. chopped nuts (part black walnuts,
if possible) | |

Blend flour, sugar and butter as for pie crust; add vanilla and nuts. Shape in fingers or crescents and bake at 350° for 10 minutes or more, until cream colored. When cool, roll in confectioner's sugar.

OVERNIGHT MERINGUE COOKIES

Jean Ammons

- | | |
|--|-----------------------|
| 2 egg whites (eggs at
room temperature) | 6 oz. chocolate chips |
| 2/3 C. sugar | 1/2 C. pecans |
| | 1 tsp. vanilla |

Beat egg whites stiff. Slowly add sugar as you beat. Stir in remaining ingredients. Drop with small spoon on foil-lined cookie sheet. Preheat oven to 200°. Turn off as soon as you put in cookies. Do not peek!

CINNAMON OATMEAL COOKIES

Frances Wilson

- | | |
|---|------------------------|
| 1 1/2 sticks butter or margarine,
softened | 1/2 tsp. baking powder |
| 1 1/3 C. sugar | 1 tsp. salt |
| 1 1/2 C. Minute oatmeal | 2 tsp. cinnamon |
| 1/2 C. flour | 1 egg, unbeaten |

Mix ingredients in order given. Drop by teaspoon on wax paper on cookie sheet. Cook at 300° until light brown for 12 minutes. Slip wax paper off the cookie sheet and cool for a few minutes. Peel cookie from paper when cool.

UNBAKED OATMEAL COOKIES

Sarah Watson

- | | |
|----------------------|--------------------|
| 2 C. sugar | 4 T. cocoa |
| 3/4 C. butter | 3 C. Quick oatmeal |
| 1/2 C. milk | 1 tsp. vanilla |
| 3/4 C. peanut butter | |

Place first 5 ingredients in saucepan. Mix. Bring to rapid boil. Boil 1 minute, remove from stove. Add oatmeal and vanilla. Mix well. Drop from teaspoon onto wax paper.

- Candies -

BETTY SUE'S CHOCOLATE BALLS

Betty McGugan Currie

- | | |
|----------------------|----------------|
| 1/2 lb. butter | 2 tsp. vanilla |
| 1 1/2 C. sugar | 1 C. cocoa |
| 1/2 C. strong coffee | 4 C. oats |

Cream butter and sugar. Add cold coffee, vanilla and cocoa. Add oats. Make into balls and roll in sugar.

CANDY

Phyllis Hall

- | | |
|--|----------------------------|
| 16 oz. white chocolate | 1 (12 to 16-oz.) pkg. milk |
| 18 oz. chunky peanut butter
(Peter Pan) | chocolate morsels |

Melt all ingredients together. Stir well. Pour in pan covered with wax paper on bottom. Chill and cut into squares.

FUDGE

Jean McManus

- | | |
|------------|-----------------------|
| 2 C. sugar | 2/3 C. (sm. can) milk |
| 2 T. cocoa | 1 1/2 T. Karo syrup |
| Pinch salt | Nuts |

Boil to soft ball. Add 1/2 stick butter; add nuts. Pour into an ice tray container. Allow to cool. Cut into squares.

PEANUT BLOSSOMS

Sandra Young

- | | |
|--------------------------------|----------------------|
| 1 3/4 C. flour | 1/2 C. peanut butter |
| 1/2 C. sugar | 1 egg |
| 1/2 C. brown sugar | 2 T. milk |
| 1 tsp. soda | 1 tsp. vanilla |
| 1/2 tsp. salt | 48 chocolate kisses |
| 1/2 C. shortening or margarine | |

In large bowl, combine all ingredients, except kisses. Blend well. Shape into balls (1 teaspoon). Roll in sugar. Place on ungreased cookie sheet. Bake at 375° for 10 to 12 minutes. Remove from oven. Top with "kiss" immediately. Press down slightly.

Can use self-rising flour, increase flour to 2 cups and omit salt and soda.

PEANUT BUTTER TEMPTATIONS

Jo McGugan

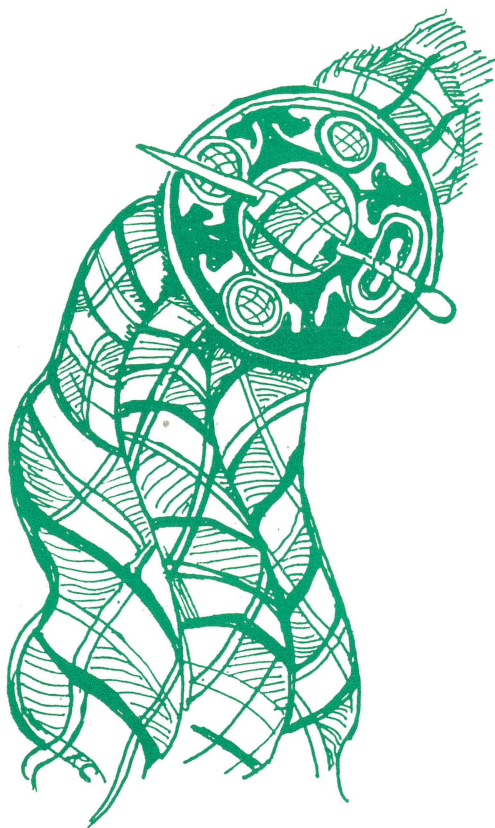
1/2 C. butter
1/2 C. peanut butter
1/2 C. sugar
1/2 C. brown sugar
1/2 tsp. vanilla
1 egg

1 1/4 C. flour
3/4 tsp. soda
1/2 tsp. salt
48 miniature Reese's
peanut butter cup candies

Cream butter, peanut butter and sugars. Add egg and vanilla. Beat until creamy. Stir in dry ingredients until blended. Roll dough into 1" balls. Place in 1 1/2" muffin tins. Press top down. Bake at 350° for 12 minutes. Remove from oven and immediately press candy into each hot cookie crust. Cool.

It helps to remove paper from candy while cookie is baking. Do not grease cookie tins.

Clan Cooking



- Soups -

SCOTCH BROTH

*Clan Macfie**

2 1/2 to 3 qt. water
1 to 3 lb. boiling beef or mutton
3 oz. barley
3 oz. dried peas
3 to 4 carrots

1/2 med. turnip, finely diced
1 to 2 chopped leeks
2 to 3 stalks celery, chopped
Salt and freshly ground black pepper
Chopped parsley, for garnish

Place the meat in the water and add the barley and peas. Bring to the boil, skim and simmer for 1½ hours. Then add all the other vegetables, salt and pepper and cook for another hour. Now remove the meat and dice a little for garnish. Add this to the soup. Adjust consistency and seasoning. Garnish with plenty of parsley.

*By Mary and George Roussos.

SPLIT PEA SOUP

*Clan Cameron**

1 lb. green split peas
1 med. onion, chopped
1/4 lb. smoked sausage (Polish type)

1 T. margoram
Salt and pepper, to taste

Combine all ingredients except sausage. Add water 1/2" above mixture. Bring to a boil, then cover and simmer 2 to 3 hours until almost done. Then add sausage cut as follows: Cut sausage in quarters lengthwise, then slice thinly. Cook about 30 minutes longer. More water may be needed, depending on consistency desired.

*Nancy Wilson.

ITALIAN TOMATO SOUP

*Clan Cameron**

2 1-lb. can tomatoes, crushed or
chopped finely
1 (14 1/2-oz.) can chicken broth
2 T. olive oil
2 cloves garlic, chopped finely
2 tsp. dried parsley

2 tsp. basil
1 tsp. marjoram
1/4 tsp. (at least) black pepper
Salt, to taste
Pinch sugar

Combine all ingredients. Bring to a boil, then simmer, uncovered, until mixture stops foaming. Garnish with Parmesan cheese.

*Nancy Wilson.

- Breads -

PUMPKIN BREAD

*Clan Dunbar**

3 C. sugar
1/2 tsp. baking powder
2 tsp. baking soda
1 tsp. salt
1 tsp. cinnamon
4 eggs

1 tsp. ground cloves
1 tsp. nutmeg
3 1/3 C. unsifted plain flour
1 C. Wesson oil
2 C. pumpkin (small can)

Mix all ingredients together, using electric mixer. Bake in 2 greased 8x4x3" loaf pans at 325° for 1½ hours. Makes 2 loaves.

*By Honey McLaughlin.

POTATO SCONES

*Clan Macfie**

1/2 lb. salted, mashed potatoes
1 oz. butter or margarine

4 oz. plain flour

Mix ingredients and separate into pieces of approximately 4 to 5 ounces. Roll into 8" rounds and cut into four. Place on a lightly greased, very warm griddle or flat non-stick frying pan and turn when colored. Makes about 20.

*By Mary and George Roussos.

SCOTTISH SCONES

*Clan McLachlen**

2 C. self-rising flour
2 tsp. baking powder
4 oz. butter (not margarine)

2 oz. sugar
Little bit milk

Sift flour and baking powder. Rub in butter and stir in sugar. Add enough milk to make a soft dough. Roll dough out on floured board and cut into rounds. Put close together on ungreased baking sheet. Brush with a little milk, and bake in hot 450° oven for approximately 10 to 12 minutes. Serve with jam, butter, and unsweetened whipped cream!

*Honey McLaughlin.

SODA SCONES

*Clan Macfie**

1 lb. plain flour
1 oz. baking powder
2 oz. sugar

2 oz. oil
1/2 pt. milk

Place oil, milk and sugar in a bowl and mix well. Add the sieved flour and mix well. Divide into 4 equal pieces and roll each into a 6" disc. Flour well, and bake on a hot griddle until cooked all the way through.

*By Mary and George Roussos.

GRANDMOTHER MCNEILL'S DUMPLINGS

*Clan Macneil**

1 1/2 C. flour
2 tsp. baking powder

1/2 tsp. salt

Sift together and then rub in 1 teaspoon of butter. Add milk to make a stiff batter. Drop on top of stew by the spoonful. Cover and cook gently for approximately 20 minutes. Do not lift cover before 20 minutes. Use a glass cover so you won't peek!!!!

*By Royce and Doris B. McNeill.

- Desserts -

ATHOLE BROSE

*Clan Macfie**

1 pt. double cream
2 oz. med. oatmeal

4 level T. clear honey
4 T. whiskey

Toast oatmeal until a light golden brown. Cool. Beat cream until thick. Stir in oatmeal and honey. Just before serving, stir in whiskey. Pile in fluted glasses and serve.

*By Mary and George Roussos.

SCOTCH BUTTERIES

*Clan Macfie**

1-lb. 12-oz. bread flour
3/4 oz. salt
1/2 oz. sugar
1 1/2 oz. fat

2 oz. yeast
3/4 pt. water
12 oz. butter

Sieve dry ingredients. Rub fat into flour. Mix yeast and water. Make a dough. Leave covered for an hour. Add the butter which has to be firm. Chop butter into dough. Divide into 1 1/2 ounce pieces. Cover with plastic sheet for 20 minutes, then bake at 450°.

*Mary and George Roussos.

DUNDEE CAKE

*Clan Macfie**

8 oz. butter
8 oz. soft brown sugar
6 eggs
1/2 oz. marmalade
12 oz. plain flour powder
4 oz. crystallized fruit

Pinch salt
4 oz. ground almonds
1 1/4 lb. raisins
4 oz. chopped mixed peel
1 tsp. baking powder

Cream the fat and sugar until light, about 12 to 15 minutes; add the eggs in 4 equal portions beating well between each addition; scrape down; add marmalade and beat in; add the sieved flour, baking powder and salt and fold through until clear; finally fold in the fruit and peel; place in 8" round tin which has been lined with grease-proof paper; place almonds on top and bake at 340° for approximately 1 3/4 to 2 hours. Periodically check it after the first hour.

*By Mary and George Roussos.

MONTROSE CAKES

*Clan Macneil**

4 oz. flour
4 oz. butter
4 oz. Castor sugar
3 oz. currants
Pinch nutmeg

1 dessert spoonful brandy
1 tsp. rose water
3 eggs, or 2 eggs and 1 T. milk
1/2 tsp. baking powder

Sift the flour; wash the currants; beat the eggs. Cream the butter and sugar, and beat in gradually the eggs, flour, and nutmeg. Add the baking powder with the last spoonful of flour; but if 3 eggs are used it should be omitted. Add the brandy and rose water. Beat thoroughly, and put into buttered patty-pans, half filling them. Bake for 15 minutes in a hot oven.

*Royce and Doris McNeill.

SCOTTISH OAT CAKES

*Clan Macneil**

3 C. rolled oats
3 C. flour
1 C. sugar

1/4 to 1/2 C. water
(hold dough together)
2 tsp. sugar
2 C. shortening

Mix dry ingredients together, cut shortening in until mixture is crumbly. Add water and form into a ball of dough. Roll out the dough and cut into 2" squares. Bake on an ungreased baking sheet at 375° until golden brown, approximately 15 to 20 minutes. Makes 5 dozen.

*Doris B. McNeill.

EDINBURGH GINGERBREAD

*Clan Macneil**

8 oz. flour
4 oz. butter
4 oz. treacle
2 oz. sugar
4 oz. raisins
2 oz. almonds

1 level tsp. bicarbonate of soda
1 level tsp. cinnamon
1 level tsp. cloves
1 heaped tsp. ginger
2 eggs

Sift the flour, soda and spices into a basin. Clean and stone the raisins, blanch and split the almonds, and add to the flour mixture. Put the butter, sugar, and treacle into a small saucepan and bring to the boil. Beat the 2 eggs, and pour the boiling treacle over them, stirring vigorously. Pour this mixture onto the dry ingredients and beat thoroughly. Put into a buttered cake tin and bake for an hour or longer in a very moderate oven.

*By Royce and Doris McNeill.

SCOTCH TRIFLE

*Clan Macfie**

Cuttings and trimmings from
sponge cake
Macaroon cookies
Raspberry or strawberry jam
Squeeze juice of 1/2 lemon

Use brandy, sherry, Madeira, marsala,
for soaking
1 pt. rich egg custard sauce
1/2 pt. cream, sweetened
Crystallized fruit
Pistachio nuts

Spread the sponge with jam, dice and arrange in the base of a large glass dish. Crumble the macaroon cookies over the sponge. Soak with some brandy, sherry, etc. Cover with custard and leave to set in a cool place. Decorate with whipped cream, crystallized fruits, and pistachio nuts.

*By Mary and George Roussos.

SCOTTISH SHORTBREAD (COOKIES)

*Clan Maclachlan**

2 C. plain flour
1/2 tsp. salt

8 oz. butter (not margarine)
4 oz. 3X powdered sugar

Sift together flour and salt. Rub butter into dry ingredients until mixture resembles fine crumbs; stir in powdered sugar. Knead and roll on a floured board into a large round (use 1/2 dough at a time to make 2 rounds about 1/2" thick). Lift onto greased baking sheets, crimp edges of the 2 rounds, and prick all over with a fork. Bake at 325° for approximately 35 minutes until pale golden brown. (Both rounds may be cooked at same time if you reverse top and lower sheets during cooking.) Cut each round into 8 wedges while hot. Lift the wedges carefully and let cool on wax paper dusted with powdered sugar. Dust with more powdered sugar as shortbread cools. Arrange in large cookie tin in layers using wax paper dusted with powdered sugar for storage.

*By Honey McLaughlin.

- Meats - Poultry - Seafood -

FORFAR BRIDIES

*Clan Macfie**

1 lb. flour
6 oz. lard
1/2 oz. salt

6 oz. water
1/2 lb. steak
1/2 onion

Sieve flour and salt. Rub fat into flour. Add water to make a dough. Roll out to desired size. Place filling in center. Wash edges, fold over and seal well. Bake at 400°.

Filling:

Steak, chopped fine with onion and sufficient water to soften meat and season with salt and pepper. Makes around 6 Bridies.

*By Mary and George Roussos.

RITA'S MEATBALLS

*Clan Montgomery**

2 lb. hamburger
2 tsp. salt
1/2 pkg. Pepperidge Farm
cornbread stuffing
1/2 tsp. pepper
1 tsp. Accent

1/2 tsp. paprika
3 T. parsley
Dash garlic powder
1/8 to 1/4 C. minced onion
3 eggs

Mix and form into balls; brown in hot fat.

Sauce:

12 oz. beer
1 lb. light brown sugar

1 bot. Heinz chili sauce

Combine all ingredients.

*Pat Montgomery.



HAGGIS

*Clan Macneil**

1 sheep's pluck: liver, lights, and heart	2 or 3 onions
The large stomach bag	Salt and pepper
1/2 lb. fresh beef suet	Pinch cayenne
1 breakfast cupful fine oatmeal	1 breakfast cupful stock or gravy

Clean the paunch or stomach bag thoroughly; wash first in cold water, then plunge into boiling water and scrape; then leave to soak overnight in cold, salted water. In the morning, put it aside with the rough side turned out. Wash the small bag and the pluck, and put them on to boil in cold water to cover, letting the wind-pipe hang out over the pot to let any impurities pass out freely. Boil for an hour and a half, then remove and cut away the pipes and any superfluities of gristle. Mince the hearts and lights, and grate half the liver. (The rest is not required.) Mince the onions and suet, and toast the oatmeal very slowly before the fire or in a warm oven. Mix all these ingredients together and season with salt, plenty of black pepper, and a pinch of cayenne. Pour over this sufficient of the pluck bree to make the mixture sappy. Fill the bag rather more than half full -- say five-eighths. It needs plenty of room to swell. Press out the air and sew the bag up securely. Put it into a pot of fast-boiling water, and prick it with a large needle when it first swells, to prevent bursting. Boil slowly but steadily for 3 hours, without the lid, adding more boiling water as required. Serve very hot without any garnish.

At a Burns Supper the Haggis is usually piped in and is served with "neeps" and "nips" -- mashed turnips and "nips" of whiskey -- and, of course, potatoes.

Traditional But-And-Ben recipe.

*Royce and Doris McNeill.

POT HAGGIS

*Clan Macneil**

1/2 lb. liver	1 C. oatmeal
1/4 lb. beef suet	1 C. liver bree
1 to 2 onions	Salt and pepper

Boil the liver for 40 minutes; cool; then grate or pass through the mincer. Parboil the onions at the same time, then chop them small. Chop the suet. Put the oatmeal in a thick-bottomed dry pan, and toss over the fire until lightly browned. Add the liver, suet, and onions, and season with salt and freshly milled black pepper. Moisten with the bree or liquor in which the liver was boiled. Turn into a greased bowl, cover with a greased paper, and steam for 2 hours.

The Haggis may be covered with a lid of suet pastry before it is steamed.

*Royce and Doris McNeill.

SCOTTISH HAGGIS

Robert A. Hall

1 lb. calves liver
1 lb. mild sausage
1 lb. ground lamb
1 1/2 C. steel cut oats
1 C. chopped onion
1 tsp. coriander

1 tsp. black pepper
1 tsp. red pepper
1 tsp. nutmeg
2 tsp. salt
1 C. undiluted beef bouillon

Cook the liver medium and grind fine in a meat grinder or food processor. Cook the sausage and lamb medium, drain grease and break up into small bits. Mix all ingredients very well in a large microwave cooking dish. Microwave on High for 30 minutes (stirring every 10 minutes so a crust doesn't form on the outside.) If you plan to freeze and serve later, microwave for only 15 minutes. Beef may be substituted for lamb and rolled oats for steel cut -- but it won't be quite as good. Serve with oatcakes or crackers as an appetizer or with neeps and tatties (turnips and potatoes) as a main dish.

This is a spicy Haggis -- cut the pepper if you don't like it hot. Some folks like to toast the oats in advance. Others like to add oregano. When reheating, if it is too dry, add more bouillon. Spices may be varied to taste.

HIGHLAND LAMB GIGOT

*Clan Macfie**

5 to 6 lb. gigot of lamb
3 to 4 cloves garlic, halved
2 sprigs fresh rosemary
5 T. olive oil

3 T. lemon juice
Pinch cayenne pepper
Salt
Freshly ground black pepper

Push pieces of halved garlic into the gigot along the bone or the bone cavity. Place meat on a large piece of foil or in a large dish. Mix olive oil, lemon juice, salt and cayenne pepper together in a bowl and spread all over the gigot. Sprinkle over rosemary and black pepper. Wrap foil around the meat or cover dish and leave in a cool place overnight. Turn once or twice.

To cook: Remove the foil from roast in a hot 425° oven for 20 minutes. Reduce the heat to 325° and allow 20 minutes per pound, plus 20 minutes. Baste occasionally. Leave to stand for 10 minutes in a warm place before carving. Serve with gravy or mint sauce.

*By Mary and George Roussos.

HOT POT OF LAMB

*Clan Macfie**

1 lb. 4 oz. of stewing lamb
Salt and pepper
4 oz. onions
1 lb. potatoes
2 pt. brown stock

1 oz. drippings or oil
Chopped parsley
6 oz. carrot
6 oz. celery
6 oz. turnip

Trim the meat and cut into even pieces. Place in a deep earthenware dish. Season with salt and pepper. Mix the chopped onion, carrot, celery, turnip, and thinly sliced potatoes together. Season and place on top of the meat. Three parts cover with stock. Neatly arrange and overlapping layer of sliced potatoes on top. Add the drippings in small pieces. Thoroughly clean the edges of the dish and place to cook in a hot 425° oven until lightly colored. Reduce heat and simmer gently until cooked (approximately 1½ to 2 hours). Press the potatoes down occasionally during cooking. Serve with the potatoes brushed with butter or margarine and sprinkle with chopped parsley.

*By Mary and George Roussos.

QUICK 'N EASY BUBBLE & SQUEAK

*Clan MacNicol**

1 med. can whole potatoes
1 sm. head green cabbage, sliced

1 to 2 slices ham, 3/8" thick

Drain potatoes and reserve liquid. Put potato liquid and cabbage into an electric skillet or into a heavy skillet on stove at medium heat. Cover tightly and stir occasionally. Cut potatoes into 6 to 8 pieces each. Cut ham into 1/4" squares. Add both to cabbage. Season with a little pepper, if desired, but NO salt. There is enough salt in the potato liquid for seasoning. Serve hot when cabbage is tender (about 1/2 to 3/4 hour).

Note: Turkey ham may be substituted, however, wait until cabbage begins to soften before adding to the skillet.

This can also be made in a slow cooker, taking approximately 3½ to 4 hours.

*Submitted by Merry Jane McMichael, Southeast Convenor and Counselor to the Chief, Clan MacNicol Society of North America.

GILLIE'S VENISON

*Clan Macneil**

Venison

Bacon fat or beef dripping

Flour

Salt

Pepper

Cut the meat into cubes -- say 3/4" -- and dip in seasoned flour. Melt plenty of fat in a strong iron pot -- 2" is a good depth -- put in the venison, and keep turning until browned all over. Sprinkle with salt and pepper, cover closely, and cook gently for an hour or until the meat is tender. Dish the meat, pour off any superfluous fat, and make gravy in the usual way, thickening it with flour.

This basic recipe may be varied in several ways. A chopped onion may be browned in the fat before the venison is put in. A rasher or two of bacon may be cut into short lengths and added. Jamaica pepper and a clove or two will give it more gout. A few chestnuts, peeled and scraped, may be cooked with the meat. And the laird adds a glass of port wine.

Serve the stew with mealy potatoes. Celery, with its nutty flavor, makes an excellent accompaniment to venison or any game.

This is perhaps the simplest and certainly (say the gillies) the best way of cooking venison.

*Royce and Doris McNeill.

CHICKEN CASSEROLE

*Clan Dunbar**

**1 pkg. chicken breasts, deboned and
skinned; boil and cut up**

1 can cream of mushroom soup

1 can cream of chicken soup

1 can LeSueur garden peas

1 stick margarine

3 boiled eggs, grated

1 med. onion, chopped

1 1/2 C. cheese, grated

Dash garlic salt

1 bag flat noodles, cooked and drained

Combine all ingredients and put in 2 large buttered casserole dishes. Top with crushed potato chips. Bake for 50 to 60 minutes at 350°. Serves 8 to 10 people.

*By Mary Bryant DuRant via Honey McLaughlin.



COCK-A-LEEKIE

*Clan Macfie**

2 1/2 to 3 lb. boiling fowl
3 qt. water
2 med. onions, finely chopped
Bay leaf, sprig of thyme and
some parsley stalks

Salt and freshly ground black pepper
1 1/4 lb. leeks, finely chopped
2 oz. long grain rice
Chopped parsley, for garnish
2 oz. prunes, cut into strips

Put the fowl into the water, bring to the boil and skim. Add the herbs, tied together, salt, pepper, onions and only the white part of the leeks. Simmer for 1½ to 2 hours, or until the meat is tender. Add the rice 1/2 an hour before the end of the cooking time. Remove the bird and leave to cool slightly. Add the green of the leek and cook for another few minutes. When the bird is cool enough, remove some of the flesh and chop up roughly. Return to the soup and heat through. Check seasoning, remove herbs and serve.

*By Mary and George Roussos.

CULLEN SKINK

*Clan Macfie**

2 sm. or 1 lg. Finnan haddock
1 lg. onion, finely chopped
2 qt. water
1 1/2 pt. milk
Cooked mashed potatoes, to thicken

2 oz. butter
Salt and pepper
Sour cream and chopped parsley,
for garnish

Place the fish and onion in water and bring to the boil. Simmer gently until the fish is cooked. Remove the fish, take off the skin and bones and return to the stock. Simmer for another 20 minutes. Add potatoes to give a creamy consistency. Meanwhile, flake the fish roughly and finally add to the soup. Garnish with cream and parsley.

*By Mary and George Roussos.

- Vegetables -

ASPARAGUS CASSEROLE

*Clan Dunbar**

1 can asparagus
1 can cream of mushroom soup
1 C. crushed saltine crackers

1 C. grated cheese
2 hard-boiled eggs, sliced

Arrange in layers in a baking dish. Cook at 350° for approximately 45 minutes or until bubbly hot. Serves 3 or 4 people.

*By Honey McLaughlin.

SQUASH CASSEROLE

Clan Dunbar

1 lb. yellow squash, sliced
1 med. onion, chopped
1/2 stick margarine, melted
1 C. grated sharp cheese

1 can cream of mushroom soup
2 hard-boiled eggs, chopped
1/4 lb. saltines

Boil squash and onion with salt until tender. Drain. Mash. Add margarine, soup, and most of crushed cracker crumbs. Pour into greased casserole dish. Sprinkle remaining crumbs on top. Dot top with margarine. Bake at 375° for approximately 30 to 40 minutes.

*By Ethel DuRant Hughes via Honey McLaughlin.

SWEET POTATO FLUFF

*Clan Dunbar**

4 or 5 lg. sweet potatoes
1 stick margarine

Approx. 1/3 C. warm milk
2 T. sugar

Boil potatoes in jackets until cooked tender. Peel off jackets and mash sweet potatoes in a large mixing bowl. Add margarine, warm milk, and sugar. Serves 6 people.

Use electric mixer to whip mixture fluffy before serving.

*By Honey McLaughlin.

- Etc. -

KINGSTREE DELIGHT BY BOB

*Clan McLaughlin**

3 turtle eggs*
2 tsp. ground tongue
5 lb. ground walrus rump
4 C. diced rutabagas
1 thimble of vinegar

6 pickled pigs feet
1 calves tongue
2 calves brains
2 lb. kelp
38 strands Spanish moss

*If turtle eggs are not available, possum eyes may be substituted.

Simmer over open fire for 40 days and 40 nights, then remove lid. Turn 3 summersaults, recite the Koran backwards, and play 4 games of "May I?" (without however, using butterfly twirls). Pour over steamed soybean shells and serve hot. Serves 4 people (5 in North Dakota, 3 in Dovesville!).

*By Johnny Clark, son of Ellen Bryant Clark.

Ancestral & "Flossie Mac" Recipes



Flora Macdonald College - Founded 1896
On National Register of Historic Places

This section gives us a glimpse of some of our ancestral recipes as well as some of those included in the original, undated copy of "The Flora Macdonald Cook Book" published by students of the Spanish Department of Flora Macdonald College "To Help Cancel the College Debt".

The directions are from experienced cooks of that time period and may not be what we are accustomed to in modern time.

- Breads -

CHEESE BISCUITS

*Mary McEachern**

1/4 lb. cheese (rat. not processed)
1/4 lb. butter

1/4 T-spoon salt

Grate or crumble cheese, then cream butter and cheese together. Add salt and sift flour into creamed butter and cheese until dough is stiff. Roll thin and cut out. Bake. While still warm, sprinkle sugar, granulated or powdered, over cheese biscuits.

Mary McEachern was a member of RS Presbyterian Church for 75 years.

*Via her niece Judy Bullock Thompson.

CORNBREAD OR CORNSTICKS

*Carrie McNeill Graham**

1/2 cup sifted flour
1 cup sifted cornmeal
1/2 teaspoon soda
1 teaspoon salt

2 tablespoons sugar
1 egg, well beaten
1 cup sour or buttermilk
2 tablespoons melted shortening

Sift flour, then measure; add cornmeal, baking soda, salt and sugar and sift together twice. Combine egg and milk. Add to flour mixture, stirring only enough to blend. Add shortening. Turn into greased pan and bake in hot oven 425° 20 to 25 minutes.

*Via Carolyn Graham McLean.

PLAIN CORNBREAD OR HOE CAKE

*Carrie McN. Graham**

2 cups cornmeal, sifted

Enough water to make
medium-soft dough

Fry cakes in hot fat. They are good fried in some hot fat in which fish is being fried.

*Via Carolyn G. McLean.

HUSH PUPPIES

Carrie McNeill Graham

2 cups cornmeal
1 tablespoon flour
1/2 teaspoon soda
1 teaspoon baking powder

1 cup buttermilk
1 teaspoon salt
1 whole egg

Mix all ingredients together. Add milk and last the beaten egg. Drop by spoonfuls into pan or kettle in which fish is being fried. Fry to a golden brown. Drain on paper the same as fish.

*Via Carolyn Graham McLean.

- Desserts -

SNOWBALL CAKE

Carrie McNeill Graham*

1/2 c. butter
1 c. sugar
1/2 c. milk
1 t. cream of tartar
2 c. flour

1/2 t. soda
1/4 t. salt
Flavoring, vanilla
3 egg whites

Cream butter and sugar, add the milk, one cup flour sifted with salt, soda and cream of tartar; then the eggs stiffly beaten, the second cup of flour, flavoring, vanilla.

Orange or Lemon Frosting:

The yolks of eggs and confectioner's sugar to use enough to spread, blend together. Flavor with orange or lemon flavoring.

*Via Carolyn Graham McLean.



WHITE ONE-LAYER CAKE

*Gertrude McMillan**

2 cups sugar

1/2 cup butter and 1/2 cup Crisco

Cream together until light and fluffy.

3 eggs

1 1/2 cup milk

3 cups flour

3 T-spoon B-Powder

3 T-spoons vanilla flavoring

Cook 15 or 20 minutes. 450°.

Icing:

1 pkg. powdered sugar (xxxx)

2 tablespoons softened butter

Enough orange and lemon juice to make it right consistency to spread after cake is cool.

Cake can be cut in squares and iced on all sides or iced just on top and cut when to be used. Cake coloring can be put in icing for color desired.

*Recipe given to Eleanor McMillan by Gertrude McMillan, her mother-in-law.

CREAM PIES

*Judy Bullock Thompson**

5 eggs

1/2 pt. sifted flour

1/2 pt. sugar

Juice of 1/2 lemon

Beat eggs separately, add sugar to the yolks and beat light, add stiffly beaten whites, then lemon juice. Then fold in flour lightly. Bake in two cake tins, leaving enough batter to thicken the cream. Split the pies and put in cream mixture.

Cream Filling:

1 pint milk in double boiler. When hot add the batter a little more sugar and flour and an egg. Cook until a thick cream. When cold flavor with vanilla and put between layers -- cut in wedges, top with whipped cream.

*Via a relative.

LEMON PIE

*Annie Brooks**

2 eggs, well beaten

1 lemon, grated rind and juice

1 cup sugar beaten with eggs

1/2 stick butter, melted

Mix all together and pour into unbaked pie crust. Bake 30 minutes at 350°.

This is an old fashioned kind and so good.

*Via Judy Bullock Thompson.

SWEET POTATO PIE

*Mrs. Beatrice Bullock**

About Sweet Potato Pie -- I go by the eye method -- what looks right. But I'll try to give you an idea.

"Boil 2 medium sized (sweet) potatoes with skin on. Peel and mash fine. Add 2 egg yolks -- well beaten, 1 small cup of sugar, a pinch of salt, small lump of butter, one cup milk, 1/2 teaspoon (all)spice, a little nutmeg sprinkled on top. If you don't want meringue on top, add the whites of the eggs to the yolks, also well beaten, to the mixture. If it seems too thin, mix in a little flour. Dry out your pie crust a little before putting in the potato mix so it won't be soggy. Bake for 1/2 hour at 325°.

*Via her daughter, Judy Bullock Thompson.

VARIETY PIE

*Flora McKay**

3 cups cooked leftover meat
1 can vegetable soup

Bread crumbs, butter, salt and pepper

Combine 2 or 3 kinds leftover meat. Put through second finest cutter or food grinder. To the ground meat add can of vegetable soup to which has been added two tablespoons of cold water. Cover with crumbs -- dot with butter and bake one hour.

*Via Judy Bullock Thompson.

BLUEBERRY BUCKLE

*Margaret Baldwin**

1 pint of blueberries,
sweetened to taste
1 med. can crushed pineapple

1 yellow cake mix (Duncan Hines)
1 1/2 sticks melted margarine

Line 6x11" baking dish with blueberries. Cover with crushed pineapple (drained slightly). Cover this with dry cake mix. Pour melted margarine over cake mix. Sprinkle with 1/2 to 1 cup chopped pecans. Bake at 325° for 1 hour. When completely cool, spread with Cool Whip. Refrigerate.

A modern version of an old-fashioned dessert.

*By way of Vista Robertson.

MARSHMALLOW SOUFFLE

*Mae Humber**

Whites of 6 eggs
6 Tbs. sugar

2 Tbs. Knox gelatine

Beat eggs very light, then beat in sugar. Dissolve gelatins, whip into eggs and sugar, stir until it congeals. Just before congealing take out enough for one layer, color with green coloring. Pour a part of the white in mold, then green on top of this and another of white, making a three layer loaf. Slice and serve with whipped cream.

*Sadie McEachern's sister. Via Judy Bullock Thompson.

OLD FASHION CHARLOTTE RUSSE

*Mrs. Redd**

1/2 pt. cream
1 pt. milk

2 eggs
1 cup of sugar

Beat yolks and sugar together, add to milk which has been heated to scalding point in double boiler. Take from fire add 1 1/2 tablespoons gelatine dissolved in a little water, when cold add beaten egg whites, 1/2 pint cream whipped. Flavor with vanilla and rum or whiskey -- preferably rum. Pour into bowl which has been lined with lady fingers, may be served without lady fingers, if preferred.

**Via Judy Bullock Thompson.*

- Salads -

WHITE FRUIT SALAD WITH WHIPPED CREAM SALAD DRESSING

Carrie McN. Graham/Maude Marsh Gibson***

1 can white cherries, drained
1 can pineapple, drained
1 c. blanched almonds

1 c. cream whipped
1/2 c. mayonnaise
1/2 box Knox gelatine

Soak gelatine in cherry juice. Bring pineapple juice to boil and pour over gelatin. Stir until dissolved. When cold, add cherries, pineapple (cut in small pieces), cream, mayonnaise and almonds. Turn into individual molds that have been rinsed in cold water and chill. Unmold on lettuce leaves and garnish with Whipped Cream Salad Dressing.

Whipped Cream Salad Dressing:

4 egg yolks
4 T. sugar
Butter size of walnut

5 T. lemon juice
Pinch of salt (1/4 t.)

Cook in saucepan and stir until thick. When cold, fold in 1 c. whipped whipping cream. **Via Carolyn G. McLean and **Frances G. McNeill.*

- Vegetables -

ASPARAGUS PUDDING

*Sadie McEachern**

1 can asparagus tips cut in halves
3 unbeaten eggs

1 cup of rich cream sauce
1 level T-spoon B-powder

Into cream sauce beat eggs, B-powder and salt and pepper to taste. After thoroughly beating add asparagus tips. Pour into well buttered baking dish. Put baking dish in pan of hot water. Set in oven and cook until well done. Turn out of pan on chop dish covering the pudding with cream sauce filled with nuts -- pecans or black walnuts. Serve hot.

**Via Judy Bullock Thompson.*

CANDIED SWEET POTATOES

Mary McEachern*

Slice raw potatoes thin. Immerse in cold water immediately to keep potatoes from turning dark. Use shallow pan. First layer of potatoes -- second butter, then sugar, plenty of each, then another layer of potatoes, followed by more butter and sugar, etc. Add a generous pinch of salt. Pour in a very small amount of water. Put on top of stove for a few minutes or until potatoes are done -- then brown in hot oven.

Mary was a member of RS Presbyterian Church for 75 years.

*Via Judy Bullock Thompson.

PICKLED WATERMELON RIND

Miss Mamie McNeill*

Remove the green peel and red meat from the rind. Cut into any desired shape. Soak for 3 hours in lime water using 1 T. dissolved in 1 qt. of water for each lb. of rind. Freshen 2 hrs. in clear water. Drain and boil in clear water for 1 hr. or longer until the rind begins to be tender. Drain. Allow for every lb. of fruit or rind: 1 c. water, 1 c. vinegar, 2 c. sugar, 3 inches stick cinnamon, 8 cloves without heads, ginger root. Tie spices in bag and boil these ingredients until they form a thick syrup. Add rind and boil until clear and transparent (1 - 2 hrs.). Remove spice bag. Place the rinds in jars and cover with boiling syrup. (Make more syrup -- about half as much.)

*Via Carolyn G. McLean, her niece.

*We may live without poetry,
Music and art;
We may live without conscience
and live without heart;
We may live without friends,
and we may live without books;
But civilized man cannot live
without cooks.*

The following recipes and abbreviations are written as they appeared in the original cookbook.

The FLORA MACDONALD COOK BOOK



*Published by students of the Spanish Department of
Flora Macdonald College, Red Springs, N. C.,
and containing Tested Recipes for Cakes,
Candies and Salads prepared
by the Class*



TABLE OF ABBREVIATIONS

c.	cup
tsp.	teaspoon
tbsp.	tablespoon
ssp.	salt spoon
hp.	heaping
b. pdr.	baking powder

- Cakes -

FLORA MACDONALD CAKE

The Flora Macdonald Cook Book

- | | |
|---------------------------|---------------------------------------|
| 1 qt. shelled pecans | 1 lb. flour |
| 2 lbs. seeded raisins | 1/2 lb. butter |
| 6 eggs, beaten separately | 1 tsp. cloves |
| 2 tsp. (level) bak. powd. | 1 1/3 C. liquid (1/2 orange juice and |
| 1 large nutmeg | 1/2 grape juice) |
| 1 lb. sugar | |

Follow general directions for making any cake but weigh flour before sifting. Use a little of flour to dust raisins and pecans. Cover with boiled icing.

Boiled Icing:

- | | |
|-----------------|--------------|
| 1 c. sugar | 1/3 c. water |
| 2 eggs (whites) | |

Dissolve sugar with water and boil to a thread. Have eggs beaten to a stiff froth, pour syrup over and beat until thick enough to spread. Flavor.

JELLY ROLL

The Flora Macdonald Cook Book

- | | |
|-----------------------|---------------------|
| 3 eggs | 1 c. flour |
| 1 c. sugar | 1 tsp. cream tartar |
| 1 tbsp. melted butter | 1/2 tsp. soda |

Beat eggs separately until very light, then beat together, add sugar, butter and flour sifted with cream tartar and soda. If too thick add a little milk. Spread very thin on a long shallow pan and bake in a moderate oven. Spread with jelly while warm. Trim edges with a sharp knife and roll up.

ORANGE PUFFS

The Flora Macdonald Cook Book

- | | |
|---------------|--------------------------|
| 1/3 c. butter | 2 tsp. b. pdr. |
| 1 c. sugar | 3 eggs (yolks) |
| 2 c. flour | 1 egg (whole) |
| 1/3 c. milk | 1/2 orange (grated rind) |

Cream butter and sugar slowly, when very creamy add milk a little at a time and eggs beaten very light without separating them, then add grated orange peel and lastly flour and baking powder. Ice tops with orange frosting. Bake in muffin pans.

Orange Frosting:

Grate thin rind 1 orange and soak 1/2 hour in 2 or 3 tsp. orange juice. Make boiled icing of 1 c. sugar, 1 white of egg. When sugar threads squeeze orange juice through cheese cloth into it and cook until will thread again, then pour over stiffly beaten white, beating until smooth and stiff enough to spread.

DEDOS

The Flora Macdonald Cook Book

1/2 c. butter (melted)
2 sqs. unsweetened choc.
3 eggs (beaten slightly)
1/2 tsp. salt
1 c. Eng. walnuts (chopped)

1 c. sugar
3/4 c. flour
1/2 tsp. b. powder
1 tsp. vanilla

Mix thoroughly and spread on buttered tins and bake in moderate oven about 12 minutes. Cut in oblongs while warm.

GINGER SNAPS

The Flora Macdonald Cook Book

1 large c. butter and lard mixed
1 c. sugar
1 c. molasses
1/2 C. water (cold)
1 tbsp. ginger

1 tbsp. cinnamon
1/2 tsp. cloves
1 tsp. soda dissolved in hot water
1 tbsp. hot water
Flour sufficient for stiff dough

Roll thin, cut out and bake. These snaps keep well.

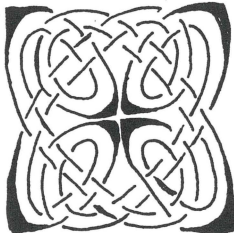
SCOTTISH FANCIES

The Flora Macdonald Cook Book

1 egg
1/2 c. sugar
2/3 tbsp. melted butter

1 c. rolled oats
1/3 tsp. salt
1/4 tsp. vanilla

Beat egg until light, add gradually sugar, and then stir remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased inverted dripping pan 1 inch apart. Spread into circular shape with a case knife first dipped in cold water. Bake in moderate oven until delicately browned. To give variety use 2/3 c. rolled oats and fill cup with shredded coconut.



STUFFED COOKIES WITH RAISIN PASTE

The Flora Macdonald Cook Book

1 c. sugar
1 scant c. shortening
1 egg (beaten)
2 tsp. cream of tartar

1 tsp. lemon juice
3 1/2 c. flour
1 tsp. soda (dissolved)

Mix well together and beat thoroughly. Roll thin, cut in pretty shapes and put raisin paste between 2 cookies.

Raisin Paste:

1 c. raisins (chopped)
1/2 c. sugar

1/2 c. water
1 tsp. flour

Cook until thick. Bake on greased tin in quick oven. Sprinkle little sugar on each cookie before baking.

- Candies -

FLORA MACDONALD FUDGE

The Flora Macdonald Cook Book

3 c. sugar
1 c. sweet milk
1/4 tsp. vanilla

1/4 cake chocolate
Butter size of an egg

Melt chocolate and butter, add sugar and milk and boil until it forms soft ball when dropped in cold water. Remove from fire and beat until it is very stiff and creamy, then pour into a buttered dish. When cool cut into squares.

MORGAN HALL DIVINITY

The Flora Macdonald Cook Book

2 1/2 c. sugar
1/2 c. water
1/2 c. Karo syrup

1/2 tsp. vanilla
1 c. pecans (chopped)
1 egg (white)

Cook sugar, water and syrup until forms soft ball in water, then pour over the stiffly beaten white, beating continuously. Add nuts and flavoring last. Drop with spoon on greased platter or oiled paper.

VARDELL HALL BUTTER SCOTCH

The Flora Macdonald Cook Book

1 c. sugar
1/4 c. molasses
1 tbsp. vinegar

2 c. boiling water
1/2 c. butter

Boil together all ingredients until when tested in cold water it will crack. Pour in well buttered pan. When slightly cool mark in squares.

- Salads -

FLORA MACDONALD POTATO SALAD

The Flora Macdonald Cook Book

1 pt. cold boiled potatoes
1 onion
1 tsp. salt
2 tbsp. chow chow

3 eggs (hard boiled)
1/2 tsp. celery salt
1/4 c. pimentos
Mayonnaise dressing

Cut potatoes, onions, eggs, and pimentos in small pieces, add salt, chow chow, and celery seed. Mix well with mayonnaise.

TUNA FISH SALAD a la F. M. C.

The Flora Macdonald Cook Book

1 c. tuna fish
1 bunch celery
1/4 c. cucumber pickle

2 eggs (hard boiled)
Few chopped pimentos
Mayonnaise enough to mix well

Mix all thoroughly and serve on lettuce leaves. Can use some cabbage in place of celery if desired.

BANANA SALAD a la F. M. C.

The Flora Macdonald Cook Book

Several bananas
Crushed peanuts

Mayonnaise dressing

Peel and scrape (slightly) bananas, roll each in crushed peanuts, lay on crisp lettuce leaf, and put spoon of mayonnaise on each banana.









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